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THE STEPPING-STONE TO HOMŒOPATHY & HEALTH

Dr Ruddock.



The Stepping-Stone

TO

HOMŒOPATHY

AND

HEALTH.

BY

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PREFACE TO THE TENTH EDITION.

IN issuing this Edition of the Manual, the Author cannot forbear making a slight reference to the increased esteem in which Homœopathy is now held as compared with its position fifteen years ago. The great demand for this and other works of the Author, is no slight evidence of the rapid extension of homœopathic practice. Is it too much to suppose that these works have contributed to the popularity of this method of the Art of Healing? Increased acquaintance with it has led to increased demand for its literature; and increased diffusion of literature has led to extended knowledge and practice. By "Stepping-Stones" many wayfarers have crossed the stream of uncertainty to a "better land" of health, and have beckoned others to come thither by the same means. So they and others have advanced and have increased their numbers until the Homœopaths are not now a small and feeble band. In the present edition the Author has again endeavoured to express his gratification at the wide appreciation of his humble efforts to extend Homœopathy, by embodying some of the results of his enlarged experience during the fifteen years that have elapsed since the first edition

of this book was published, by maintaining it on a level with the progressive character of Homœopathy and medical science in general, and by presenting a longer list of complaints, with ampler treatment, than is included in any similar work with which he is acquainted. It has been revised throughout, and improved by the insertion in numerous parts of fresh observations of a practical character. Nearly every page will be found to include changes or additions which it is hoped will render the work increasingly useful.

Domestic Homœopathy. The profession of medicine cannot in this age of progress be treated as a mystery. The aim of the enlightened physician is to make its principles as extensively known as possible, conscious that thereby the greatest amount of good will accrue both to the profession and the public. Still, the objection is often urged that domestic Homœopathy trenches on the legitimate sphere of the profession, and is dangerous in its tendency. Neither objection is valid. Drugs *are*, and we believe ever will be, employed in nearly every household—*antibilious pills*, *Epsom salts*, *rhubarb*, *sulphur*, *magnesia*, *quinine*, etc. We are not, therefore, *originators* of domestic treatment; we have rather sought to *reform* it, by substituting remedies and measures, which are not only far less harmful but very much more efficacious than those ordinarily adopted. Failure in health, of a simple and uncomplicated nature, may often be arrested at the outset by carrying out the instructions contained in the following pages, while if

neglected till the symptoms assume forms which seem to justify the consultation of a medical man, it may become converted into serious and even fatal disease.

Justification. A fact which specially justifies the composition of this Manual is the necessity of meeting, as far as possible, the requirements of persons residing in localities where professional homœopathic treatment is inaccessible. An extensive correspondence with persons in various and remote parts of the country and of the world, convinces the Author of the importance of making some provision for patients placed in such positions; at least, till professional men have been universally led to the study and practice of the discoveries of the illustrious Hahnemann.

Advantages of Professional Treatment. While making these statements, we feel it to be our duty to recommend that, in *every serious or doubtful case*, or when the treatment herein prescribed is insufficient to effect *improvement* in a reasonable time, the patient or his friends should consult a qualified homœopathic practitioner. The vast and ever-accumulating resources at the disposal of a professional Homœopath place him on high vantage ground compared with a domestic practitioner. The repertory at his command is always increasing, and must, under almost all circumstances, be more extensive than any that a private individual possesses; his reading and professional intercourse make him acquainted with remedies of which ordinary persons are ignorant; and diversified experience enables him to

detect subtle symptoms which at once point to the employment of specific medicines.

Progress and Opposition.

In this age of scientific progress it is gratifying to observe that medicine, instead of being in the rear, is advancing to the front rank, and that Homœopathy is in the vanguard of medical advancement. This is proved by its rapid extension, and by its powerful, though indirect, influence on medical and surgical practice generally, causing it to do homage to the instincts of humanity, and banishing every measure or drug that is harsh and destructive. Hostile resistance to Homœopathy there is, but it comes exclusively from persons *ignorant* of its principles, or *inexperienced* in its actual results. The great majority of medical men, and, indeed, almost all who are outside the homœopathic circle, are completely in the dark as to its theory and practice, and are consequently incompetent to give a reliable opinion on the subject; just as the driver of a *stage-coach*, or the commander of a *sailing-vessel*, lacks the knowledge and experience to pronounce on the merits of *railways* or *steamers*, although all are alike intended for the transport of passengers and merchandise. On the other hand, those who have been trained under the beliefs and practices of the old system, and have been converted to the new by investigating its theory and observing its results, are placed in a position to form and express a candid opinion of the merits of both. The Author of this work is in this position. With the confidence, therefore, which know-

ledge of, and experience in, both the old and new modes of treatment alone can impart, he heartily recommends a trial of Homœopathy.

Correspondents. During the successive issues of the nine former editions of this Manual, the writer has received innumerable letters from correspondents who have been won over to Homœopathy by becoming acquainted with its enunciation of medical truths, and who have carried out its various prescriptions with gratifying and often striking success. He has been much cheered by such unsolicited statements of the value and efficiency of his work, and takes this opportunity of offering his acknowledgments for the kindness which dictated the communications referred to. At the same time he ventures to suggest that, to meet the ignorance and prejudice which still oppose the spread of Homœopathy, the friends of the system should kindly seek to enlarge its usefulness by promoting in various ways the circulation of this book among all classes of the community.

Importance of Health. The design of this Manual is to point out some of the means by which much human suffering may be prevented, bodily functions preserved unimpaired, and life prolonged to the full period of man's existence. The importance of the subject will be obvious when it is considered how inconsistent physical incapacity and suffering are with moral well-being. When the habits and circumstances of man are inimical to good health, all the capacities of his

nature are diminished and deteriorated. The application, therefore, of means for guarding or restoring the health of the body, at the same time provides for the exercise of the intellectual and moral powers in their highest state of perfection. Perhaps there are moral benefits and opportunities consequent on weakness and disease; but who can doubt that those attendant on health and vigour are far greater? Impaired health is a moral as well as a physical disadvantage. Reason asserts this, and experience confirms it. Who has not learned that an important way of "keeping the body in subjection," is to keep it free from the uneasy sensations and disabilities that accompany ill-health? If this be so, it places the highest value upon the perfection of our bodily organs, and stamps that profession whose duty it is to promote "the glory of the Creator and the relief of man's estate," as one of the very highest that can be exercised by man. From such a standpoint, we see in every disease cured, the removal of a blot which marred the image of God's noblest work, and new power given to brighten and lengthen man's earthly life. Thus, alleviating human suffering, and so allowing the fullest exercise of man's higher nature, we are permitted to be humble followers of HIM who "healed all manner of diseases," and whose wonderful and beneficent life has been embodied in the simple phrase, "He went about doing good."

E. H. RUDDOCK.

Finsbury Circus, London.

HINTS TO THE READER.

I. The novice in Homœopathy should first make himself familiar with the introductory chapters.

II. When the work is consulted for the treatment of any particular disease, the *whole section* devoted to it should be read before deciding on the course to be taken; and if difficulty be experienced in choosing between different medicines, the *Materia Medica* should be referred to, and an endeavour made to discover the essential features peculiar to each remedy.

III. Persons desirous of being able to act wisely and promptly in any emergency, for the prevention or removal of suffering, should read this Manual through. Hurried perusal under excitement does not admit of that calm consideration of details which is often necessary to determine the most speedy and effective remedy. The body of the work, Part II., is devoted to diseases and their treatment; Part III., to Materia Medica. *Both* should be studied carefully.

IV. The utility of the work may be greatly increased by having it *interleaved* for recording the results of cases treated, and general observations. Whoever adopts this hint will accumulate a valuable store of information, the retrospect of which will be interesting and encouraging.

V. Readers desirous of a more ample work are respectfully referred to *The Text-Book of Modern Medicine and*

Surgery. An attentive study of that work will give a tolerably broad knowledge of general disease, and a measure of skill in the use of many valuable remedial agents. The *Text-Book* will thus form a useful, if not an indispensable, sequel to *The Stepping-Stone*.

VI. When medical terms are used, they are either explained in the text, or in the index at the end of the Manual. This index is now very copious, and every subject of importance may be found by it. Reference is further made easy by division of the work into Parts, Chapters, and Sections, and by a table of contents at the commencement.

VII. Except in the cheap (1s.) edition of this Manual, a Clinical Directory is inserted, which, it is hoped, will be found of great use to those who have attentively studied disease and materia medica. It contains, in a condensed form, prescriptions for diseases and symptoms, many of which, and the remedies prescribed, are not referred to in the body of the work. The Clinical Directory has been carefully arranged, and is really the essence of the varied experience of many professional medical men. It is, therefore, of more worth to those who know how to use it than many who glance at its few pages would suppose.

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THE

STEPPING-STONE

TO

HOMŒOPATHY AND HEALTH.

PART I.

CHAPTER I.

1.—Homœopathy.

Introductory. This Manual is issued as a "Stepping-Stone" to the domestic practice of Homœopathy; a few remarks, therefore, explanatory of this system of medicine, may appropriately precede its practical teachings.

Life is the noblest gift of God, and health one of its greatest accompanying blessings. To recover health when lost, and to preserve it in its integrity to the allotted period of human life, are the objects contemplated in the publication of this little volume. The reader is requested to pause a few minutes before enter-

ing on the subsequent practical details, in order briefly to consider some of the more prominent features, and a few of the advantages that would arise from the more general and extended adoption of Homœopathy.

Early History. Homœopathy is a system of medicine for the cure of all curable diseases, first discovered and adopted some ninety years ago (A.D. 1790), by that great physician, HAHNEMANN. But we do not claim for that distinguished man the *invention* of Homœopathy; he only removed the obscurity which had hitherto shrouded the subject of medicine, and unfolded to mankind a great law of nature, just as Newton *discovered* the principle of gravitation. Glimmerings of this science had been caught, many centuries before, by Hippocrates and others, but the illustrious Hahnemann was the first fully to grasp the principle, and to enunciate it as *the* law of healing, and therefore of universal applicability. At first, its professors were few, and consisted of the immediate friends and disciples of Hahnemann; but ever since, they have been steadily multiplying,

so that now medical men of great intelligence and high moral principle are to be found practising Homœopathy in every civilised portion of the globe. There are about three hundred avowed legally qualified practitioners in Great Britain; while if those who approve the system, and practise it in part or in secret, were added, the number would be far more than doubled.

Status of Professional Homœopaths.

It is often represented that homœopathic medical men occupy an inferior position to those of the old school. *The Medical Register*, issued under the direction of, and in accordance with, an Act of Parliament, may be appealed to to prove that the homœopathic practitioners of Great Britain hold the same degrees and diplomas, have the same legal rank, and have passed through the same course of study, under allopathic professors, as their brethren of the old school. In some portions of the continent, and in America, Homœopathy is practised co-extensively with Allopathy. Moreover, there

Indirect Influence.

are many who practise homœopathically, but have not the cour-

age to avow it: and many others who, impelled by the influence which this system is everywhere exerting, are greatly modifying their practice. Even the *Lancet* now opens its pages to the teaching of Homœopathy. In a paper published in that journal (December 4th, 1869) an allopathic medical man describes the successful treatment of nausea, retching, and vomiting, by a drop of *Ipecacuanha* wine in a tea-spoonful of water, repeated at first every hour, and afterwards every four hours. The writer states that he was induced by the recommendation of a medical friend (no doubt a Homœopath) to use this treatment, that he did it with the greatest scepticism, and with the fullest expectation of finding these small doses useless. Repeated successes, after the failure of lengthened trials of the usual allopathic armament, compelled him to believe in their efficacy. Indeed, *Aconite*, and various other of our well-known remedies, are frequently prescribed; and cases successfully treated by them are quoted in the allopathic journals. The use of single remedies, in one or two-drop doses, or even

smaller, by medical men of the old school, satisfactorily proves the growing influence of Homœopathy: especially when, as we have seen, the remedies so used are prescribed for diseases to which they are homœopathic. The good thus effected by the discovery of Hahnemann is immeasurable. Its influence is both direct and indirect, acknowledged and unacknowledged, but always beneficent. Not only medical men, but tens of thousands of intelligent persons, in every civilised portion of the globe, confide in Homœopathy as the best and most natural system of cure.

Homœopathy going down?

It is true, the statement is often made by its opponents, that the new system is on the decline. "Homœopathy is going down," recently remarked a medical man of the allopathic school. It *is* going down. Not, however, in the sense he wished. It is sinking deep into the understandings and hearts of the people. Almost everywhere they are directing their attention to the subject. They try it, and in the hour of sickness confide in it; and if not conversant with the scientific proofs

of Homœpathy, they recognise in it a power to heal superior to that which they have ever experienced under the old plan of treatment.

Homœopathy appeals to Facts.

It is deserving of remark, that in the discovery of Homœopathy, Hahnemann did not first conceive a *theory*, and afterwards seek for facts with which to uphold it. No! At starting, and at each successive step, he relied solely upon *facts*. What he learned was from well-observed and unquestionable *facts*, based upon carefully-conducted experiments. His assertions were grounded upon *facts*, the result of patient and oft-repeated investigations. For several years he kept his discovery to himself; at the same time he was arranging and accumulating evidence founded upon *facts*, which were diligently collected and closely scrutinised. At last he could speak with the confidence of a man who was well assured that the statements he made were true, that underneath his superstructure of theory there was not an uncertain foundation of supposition and probability, but the firm rock of natural and immutable reality. Homœopathy

is still upheld by *facts*. Its foundation cannot be shaken. Its position is firm in spite of all the storms by which it has been assailed, and all the tests by which it has been proved. It is because it has stood the trial of *experience* that it has been preserved to the present time, and will be transmitted to the latest generations.

Single Remedy. Homœopathic treatment is not only distinguished by its simple evolution from facts, but also by its simple exhibition of methods of cure. Only one remedy is given at a time, thus the pure action of each separate drug is ascertained, and the confusion resulting from mixing different substances in one prescription is avoided Every remedy has an action peculiar to itself; and it cannot but happen, when several drugs are introduced into the system at the same time, that they interfere with each other. If, under such circumstances, good is effected, it is often impossible to determine which drug, or how many out of the number, have contributed to the result. Or if no good follows, and it be necessary to alter the prescription, then it must be also impossible

to know what change to make, what remedies to omit, what new ones to add. Dr. Paris, a distinguished allopathic physician, says he was once told by a practitioner in the country, that the quantity and complexity of the medicines which he gave his patients were always increased in the ratio with the obscurity of their cases. "If," said he, "I fire a profusion of shot, it is very extraordinary if some do not hit the mark." "A patient in the hands of such a practitioner," adds Dr. Paris, "has not a much better chance than a Chinese Mandarin, who, upon being attacked with any disease, calls in twelve or more physicians, and swallows in one mixture all the potions which each separately prescribes." In Homœopathy we only give one medicine at a time; its action upon the system is then simple and undisturbed; and we are no longer in doubt as to what is doing good.

Small Doses. Homœopathy does not necessarily mean a *small dose*, as it is often erroneously supposed to do. The term is intended to designate a certain *relation* of medicine to disease, not a certain *quantity* of the

medicine. The grand principle—that which forms the basis of the science—is, *like cures like*, irrespective of the quantity of the dose. Hahnemann, after he had discovered this principle, employed doses of the usual quantity. Experience and further investigation, however, taught him that smaller doses were not only sufficient and safer, but that, when frequently administered, they were more effective than large ones. Others have learned the same lesson, which is enforced by the testimony of all subsequent medical men who have fairly tested the point. The *assertions* of others who have not so tested it cannot claim confidence.

Apart from the greater curative power of small doses, it is a matter of perfect indifference to the followers of Hahnemann whether they administer medicines in large or small doses. If they found large doses more efficient in curing diseases than small ones, they would assuredly administer the former rather than the latter. We may suggest three reasons why small doses, administered in harmony with the homœopathic law, are efficient: First,

because they are exactly suited to the *exalted susceptibility of the diseased part*, and act upon the same class of functions that nature has already called to her aid. Secondly, because they act *directly on the part* which requires to be influenced, and not on other parts; their force is not, therefore, expended on healthy parts. And, thirdly, because only *one remedy* being administered at a time, its action is not interfered with by one or several others. Doctors who always administer drugs in combination have no idea of the power of single drugs in small doses.

Homœopathy opposed to Experience.

The results obtained by homœopathic practitioners with small doses have been said to be opposed to all experience. But the truth is that, prior to the researches of Hahnemann and his followers, we had no experience whatever in the matter. It is, consequently, just as absurd for medical men to deny that homœopathic remedies can effect the cure of disease because such cures are contrary to the experience of those who have never tried them, as for a certain King

of Siam to have treated as false the statement that in some countries, and in some seasons, water, under the influence of frost, becomes changed from a fluid to a solid, permitting persons to walk upon it, because in his country no such phenomenon had ever been witnessed! Siamese philosophers are not yet extinct.

Faith not Homœopathy. That the efficacy of Homœopathy is not dependent on faith or imagination, is proved by its curing the diseases of infants, of patients in delirium, and of inferior animals. The writer is personally acquainted with many intelligent farmers who employ none other than homœopathic medicines in the treatment of their sick animals. It must be admitted that the farmers of this country are generally shrewd, calculating men, not easily deceived in matters affecting their interests, and, moreover, usually conservative in their notions; nevertheless great numbers of them declare that Homœopathy cures diseases that were incurable by the old method, that it cures more quickly, at a less cost, and without damage to the constitutional

powers of animals. We have in such declarations as these the best evidence that the success of Homœopathy is not the result of mere faith, but of valuable medicines, properly administered.*

In truth, the success of Homœopathy is anything but the result of faith in those who practise it. Persons are generally slow to believe in it, and seldom have recourse to it, *at first*, without doubts and misgivings. Yet benefit is derived, in spite of their unbelief. Cure overcomes their incredulity. Faith comes and grows only as the cure progresses and is complete. The very improbability of a dose so small and so unlike what had been formerly

* In a pamphlet recently published, Mr. Lord gives the results of five years' trial of Homœopathy, not on the horses of private persons, but on those of the Cavalry Depôt at Canterbury, and at Her Majesty's Riding Establishment. Here Mr. Lord had full opportunities of trying our system before the open eyes of the military authorities, with their consent, and at the Government expense. Veterinary Homœopathy is officially recognised in the British army, and this circumstance is due, in great measure, to the efforts of Mr. Lord, and his *success* in treatment.

given, acts, so far as the imagination has any influence upon the cure, unfavourably, instead of the reverse. Conviction does not heal, it is the healing that produces the conviction.

Diet not Homœopathy. Neither does Homœopathy consist in *dietary measures*, as often stated. All the interference of the homœopathic doctor in this particular only amounts to the discouragement of the use of such articles as are needless or injurious, and just such as any accomplished and faithful physician would prohibit. As physician for many years to a large dispensary in Reading, the author has often remarked that some of his most successful cases have been cured without any reference to the question of diet at all. He never proscribes the moderate use of coffee, tea, or anything else that agrees with the patient. In many cases, a strict set of dietary regulations would be useless, for dispensary patients have generally but little choice of food; yet none have benefited from Homœopathy more than the poor.

Medicines in Health. A story has often been told of a child's swallowing the contents of a

tube of globules, which created great alarm but took "no effect." Supposing the statement true, it does not at all compromise Homœopathy. Homœopathic medicines, in the form in which they are usually administered, are prepared with the view of acting on the constitution *in disease*, when the parts are far more sensitive, and much more easily affected, than in a state of health. A healthy constitution has no susceptibility for attenuated drugs; to ensure their action in health they must be administered in a low or crude form, so as to produce unnatural effects—in short, a kind of poisoning.

Illustrations.—Light. For instance, a ray of light falling upon a diseased eye will cause pain, or even become intolerable, although in health the same eye might be unaffected by the broad light of day. The susceptibility of the eye has, in fact, been heightened by disease. Millions of rays of light afforded pleasure in health: *now, one ray gives pain.* Just so in reference to the tube of globules, *that which will produce no disturbance in health will, in disease, with heightened sensibility, act powerfully.*

Seed. Small doses may be taken without producing effects, just as seed may be sown without yielding fruit. It were as reasonable to expect a plentiful harvest from seeds scattered on the seashore, or on a beaten path, as to expect "effects" from infinitesimal doses when the natural accessories are wanting. As seed will not grow unless the soil is congenial and prepared, so small doses will not act if the symptoms calling for their action are absent.

The Magnet. To borrow another illustration:—The disease must have the same attraction for the medicine that *the magnet has for iron.* You could not tell by touching the loadstone with a piece of copper that it had any power of attraction; neither could you tell by taking an attenuation of *Aconitum* in a state of health, that it had any power. But try the magnet with a piece of *iron*, and *Aconitum* with a *quick pulse*, and then their respective energies will be demonstrated.

When it is said that the globules took "no effect," the meaning is, no such "effect" as follows allopathic doses, *viz.*, vomiting, purging,

extreme pain, etc. And here we have an illustration of the safety of homœopathic remedies, and see how favourably they contrast with the strong drugs and severe measures often employed under the old system of treatment. Well, indeed, would it have been for thousands of allopathic patients if bleeding, Mercury, blisters, purgatives, etc., had also taken "no effect."

Advantages of Homœopathy. We are thus led on to the consideration of the advantages arising from the adoption of homœopathic treatment, but we have only space to refer to a few.

Economy. Economy is secured chiefly from the shortened duration of diseases. Bleeding, blistering, purging, and other debilitating measures are discarded, so that, the disease being cured, the patient soon regains his strength, because it has not been expended by exhausting treatment. Tedious convalescence and permanently shattered health too often follow allopathic drugging. Patients often suppose they have not fully "got over" the disease, when in reality

they are suffering from the effects of drugs administered to master the disease. To the industrial portions of the community, whose livelihood depends upon continuous work in their calling, a speedy restoration to health is of great importance. Now it is a fact of too common occurrence, that much inconvenience, and even destitution, often results from the injudicious and protracted measures of the old system; for the poor patient is long in recovering. On the other hand, there is no medicinal exhaustion from which to recover, when the disease has been overcome by homœopathic remedies.

Homœopathic Success. In respect to successful treatment, Homœopathy is immensely superior to Allopathy. Patients who have been under both systems are best able to judge of their comparative merits, and such almost always give the palm to Homœopathy.

Is the Public a competent judge? It may be said, the public are incompetent to judge of such a matter; but it is not so; and although they might for a time be deceived, the deception could not last long. In matters affecting their

personal interest, the public are remarkably shrewd, and seldom fail to arrive at a sound conclusion. Not only the general public, but also physicians among the most highly educated in the profession, after due investigation and experiment, have renounced the old for the new system of practice; while some of the most profound scholars and greatest nobles in the land are Homœopaths. The clergy and ministers of all denominations are rapidly embracing the system. So, we venture to affirm, will all those act who have the moral courage to inquire, investigate, and think for themselves.

Homœopathy and Cholera. The superiority of homœopathic over allopathic treatment applies both to acute and chronic diseases. When Cholera prevailed in this country, under the old system *two out of every three patients were* LOST; on the other hand, under Homœopathy, *two out of every three were* SAVED. We cite the testimony of Dr. Macloughlin, a medical inspector appointed by the Board of Health to investigate cases of Cholera, and who was always strongly opposed to Homœopathy. He thus

writes to one of the surgeons of the London Homœopathic Hospital:*

"I need not tell you that I have taken some pains to make myself acquainted with the rise, progress, and medical treatment of Cholera; and that I claim for myself some right to be able to recognise the disease, and to know something of what the treatment ought to be; and, that there may be therefore no misapprehension about the cases I saw in your hospital, I will add, that all I saw were true cases of Cholera, in the various stages of the disease; and that I saw several cases which did well under your treatment, which have no hesitation in saying would have sunk under any other.

"In conclusion, I must repeat to you what I have already told you, and what I have told every one with whom I have conversed, that, although an Allopath by education, principle, and practice, yet, were it the will of Providence to afflict me with Cholera, and to deprive me of the power of prescribing for myself, I would rather be in the hands of a homœopathic than an allopathic adviser."

Constipation. Take a further illustration of the superiority of Homœopathy, as seen in the treatment of *Constipation of the bowels.* Allo-

* *British Journal of Homœopathy*, vol. xiii. p. 681.

pathy cannot *cure* this complaint. It can only give aperients or purgatives; and these, so far from removing the evil, in the long run generally aggravate it; whereas, by a little perseverance in the use of her remedies, Homœopathy cures it, even in the most inveterate cases.

Statistics. We confidently refer, in proof of the success of homœopathic treatment, to the statistics of the various hospitals and dispensaries conducted on homœopathic principles in this country, on the continent, and in America. We have not space here to record even a selection from that accumulated evidence which has now become so voluminous. Numerous volumes of homœopathic clinical information, and the reports of the results of the practice of our hospitals and dispensaries, are open to the inspection of all; for Homœopathy, differing in this respect from every system of quackery, courts investigation. Nothing is considered more inimical to its interests than concealment. Facts so bear out its inherent truth as to carry with them their own irresistible credentials, and these we are confident will eventually

remove every impediment to its general study and universal practice.

Gentle Measures.

Pass from stern statistics to more pathetic associations. Contrast the chamber of the allopathic with that of the homœopathic patient. In the former, there is the repulsive leech, the blister and its accompaniments—sores, salves, and dressings—the emetic and its disagreeable results—purgatives, and their disgusting and hurtful consequences. Think of these as invading the last and most sacred hours of life, and being often inflicted on helpless infants and terrified children; as not merely unnecessary, but pernicious beyond calculation; as often destroying, or deadening, by such harsh appliances, or stupefying drugs, the very life intended to be saved! Turn now to the chamber of the homœopathic patient. He is very ill, but the law of self-preservation is respected, and the "life's blood is spared." No leeches or blisters are used; the linen is clean, and the air is sweet; for there has been no emetic, no purgative, or salivation. Perhaps the only article indicative of sickness is a glass

or bottle of medicine, inoffensive alike to both taste and smell, but potent to mitigate the sufferings of the patient, and restore him to health.

Death-bed. Jerrold's "*Why torture a dying creature, doctor?*" were the words and remonstrances of Douglas Jerrold to his medical attendant within a few hours of his death. The doctor insisted on administering medicine and cupping, notwithstanding extreme exhaustion. His son and biographer, Blanchard Jerrold, says, "We waved the fans about him, giving him air, and still, at intervals, he talked faintly, but most collectedly. The dawn grew into a most lovely summer morning. At ten o'clock the patient was cupped. He could hardly move in bed, and again said, 'Why torture a dying creature, doctor?' But the cupping took no effect." This is a sad picture. Thank God, Homœopathy is putting an end to these inhuman means, by substituting natural and gentle appliances, such as shall conserve the life-powers, and diminish, not aggravate, existing sufferings.

Homœopathic Medicines are Specific. An important advantage attaching to our medicines is, that they only act on the diseased parts. Thus, in affections of the brain, the bowels are not operated on by purgatives; or the liver, mouth, and bones by Mercury; or the skin by blisters; but such substances are administered as have been proved to operate *directly on the brain itself*, and upon the brain in that particular diseased condition which exists when it is brought under treatment. So in diseases of the chest; the bowels, liver, and skin are undisturbed, and only that part acted upon which is diseased. This is a great advantage. Under such treatment disease cannot be produced in healthy parts, and the disappearance of the primary disease is a sign that it is absolutely cured.

Homœopathy and Children. Our medicines are not disagreeable. This is an advantage which every mother who knows that her children have a *natural* and *proper* disgust of old physic,* can

* "Many a medicine given to children is so horrible that a medical practitioner ought to be present to count

appreciate. Adults swallow nauseous draughts and pills in the *hope* of deriving benefit therefrom; in the case of children, however, the prospect of benefit is often far more than counterbalanced by the horror and disgust which the abominable compound excites. And, further, the diseases of children are influenced most strikingly and favourably by homœopathic medicines; and every practitioner has often received the warmest thanks of parents from whose children the most alarming diseases have been removed as by a charm.

Experimental Practice. We do not try experiments with our drugs on the sick. The practice of trying the effects of drugs on persons suffering from disease is *cruel and dangerous*: cruel, because it torments the patient already suffering from disease; and dangerous, because it often undermines the constitution, and interposes obstacles to that natural tendency to recovery which Infinite Goodness has interwoven

the pulse, and to watch the countenance during its administration, just as is properly the case at a military flogging."

with life. Homœopathic drugs, on the contrary, are always tried on medical men and their friends when in health, in repeated and sufficiently large doses to ascertain their properties, before administering the smaller and attenuated doses of such medicines to the suffering.

Preventive Medicine.

But Homœopathy is *preventive* as well as curative. Its medicines have the power of preventing, or arresting at the very outset, many diseases, such as Colds, Influenza, various fevers, Cholera, etc. In the practical portions of this work it will be found that we have suggested preventive as well as curative measures.

Future of Homœopathy.

It may be asked, "Will Homœopathy ever become universal?" We reply, most great discoveries and improvements have been obstinately opposed at first, but, having truth for their basis, have triumphed in the end. So Homœopathy, in spite of the bitterest and most unprincipled opposition which it has received from the very commencement, has continued to spread in an ever-increasing ratio, so that now, wherever the sun shines, and

the light of European civilisation has penetrated, and suffering humanity is found, Homœopathy is acknowledged and embraced as one of the greatest and most humane of modern discoveries. We have an impressive illustration of this in the case of Hahnemann, the first expounder of Homœopathy :—he was cruelly persecuted, and finally driven an exile from his native Saxony; yet now, the very city of Leipsic from which he was banished is adorned by a monumental statue, in bronze, which perpetuates his memory. If Homœopathy, then, could not, in its early infancy, be destroyed, it has little to fear now that it has grown to the proportions of a giant. Nearly all its present adherents have been converted from the old system through *experiencing or witnessing* the superior advantages of the new, in the face of those deeply-rooted prejudices which it is difficult entirely to discard. Thousands of families are now being reared under homœopathic influences, who have never espoused, and probably never will espouse, any other system. The tendencies of such persons will be in the right direction, and they will

become its consistent and unwavering advocates. Judging, then, of the future by the light of the past, and believing the saying, "Magna est veritas, et prevalebit," we are led to the inevitable conclusion that Homœopathy, founded as it is upon truth, upon an immutable natural law, will ultimately become the exclusive and universal mode of curing all diseases which are curable by drugs.*

CHAPTER II.

2.—Observations on Health (*Hygiene*).

General Hints.

ALL persons should, if possible, take moderate daily exercise in the open air, or when the weather is unsuitable, in well lighted and properly ventilated rooms. Undue

* For terse and telling arguments in favour of Homœopathy the reader is requested to peruse the following tractates :—"Fallacies and Claims." "Ministers and Medicine." "Principles, Practice, and Progress of Homœopathy." "The Practical Test." "Measles." "An Earnest Appeal." *See list at the end of the book.*

indulgence in any passion, all excessive emotions —grief, care, anger, etc.—must be guarded against. The active requirements of business, as well as all its cares and anxieties, should be strictly confined to ten or twelve hours each day, and the remaining portion of the twenty-four hours appropriated to rest, recreation, and the general improvement of the mind and body. The regular habit should be formed of going to bed early, and rising early. Even children, who generally wake early, should never be compelled to lie in bed, as nature seems to have intended every one to rise early. A passing remark on these topics is all our limited space permits, except on two or three points, to which additional paragraphs are appropriated.

Diet. The grand rule to be observed is, that persons should partake of easily digestible and nourishing food, sufficient to satisfy hunger; and of such drinks only as nature requires to allay thirst.

Dinner:—Meat, prepared for the table so as to retain all its juices, and properly cooked

vegetables, varied from time to time. In addition, for ordinary diet, nothing is better than an old-fashioned light suet pudding, with gravy or preserves. Pastry is not so wholesome. *Breakfast* may consist of bread or dry toast, with butter, or a slice of cold boiled bacon, or a lightly-boiled egg; but eggs should not always be taken, especially by persons of sedentary habits. A breakfast-cupful of cocoa, made from the nibs,* is more nourishing than tea, and less prejudicial to the nervous system. Many diseases come under our notice, especially in dispensary patients, from the excessive and almost exclusive use of tea as a beverage. Cocoa nibs produce a highly agreeable beverage, and, from personal use, we recommend its daily adoption, especially for breakfast. For the evening meal, one or two small cups of black tea may be taken instead of cocoa, although the latter is more nutritious. For growing children, and persons to whom nourishment is a matter of importance, cocoa should always be chosen instead of tea or

* For directions to prepare cocoa from the nibs, see *H. World*, vol. viii. p. 297.

coffee. The meal should also include bread, or dry toast, with butter, fruit, marmalade, green vegetables, etc., as may be found most digestible and agreeable. *Cheese* may be eaten if it agree, and the digestive organs are healthy; but it should not be taken late in the day, as it requires many hours to digest. Nearly all that it seems necessary to state further in this chapter is—the diet should be regulated by the person's own observations, intelligently made, as to what kinds of food and drink best agree with him; meals should be eaten slowly, in a cheerful spirit, and taken at regular intervals—usually not more than three in the day; and no severe exercise—mental or physical—should be practised immediately after a meal. A "Plan of General Dietary," with many useful hints, is given in the author's *Text Book of Modern Medicine and Surgery, on Homœopathic Principles*, 1874.

Water. Water is the natural drink of man, and may always be taken in moderation when thirst is present. It performs important purposes in the animal economy, and is absolutely

indispensable for life and health. Water enters largely into combination with all our food, and acts as a solvent of everything we take. It also acts as a vehicle to convey the more dense and less fluid substances from the digestive tract to their destination in the body. It gives fluidity to the blood, holding in suspension, or solution, the red corpuscles, albumen, fibrine, and other constituents which enter into the different structures of the body, the whole of which are formed from the blood. Not only the soft parts of the body, but even the very bones, or the materials of which they are composed, have at one time flowed in the current of the blood. To show how essential water is for the development and maintenance of the animal body, we may state that a calculation has been made which proves that a human body weighing 154 lbs. contains 111 lbs. of water. Such a fact should suggest the necessity for obtaining water pure, and taking it unpolluted by animal and mineral ingredients. Water may be obtained tolerably pure in rain or snow collected in suitable vessels in the open country, away from

crowded dwellings and manufactories. Spring, river, sea, surface, well, and mineral water, all contain various substances dissolved in them, which render them, without distillation or filtration, unsuitable for drinking, or even for the preparation of articles of food. The purest water is obtained from deep wells, bored through the earth and clay down to the chalk (*Artesian Wells*). For cooking purposes and even bathing, the purest water that can be obtained should be used.

One important object contemplated by the writer of this work is, the removal of a foolish prejudice, which unhappily exists in the minds of many, against pure water, an element which God has provided for His creatures with the most lavish abundance; and of promoting, both for internal and external purposes, a more regular use of this invaluable boon and blessing. Pure water has justly been regarded as an emblem of innocence, truth, and beauty. In a community in which this element shall be used as the chief beverage, and more abundantly for purposes of purification, we may hope to

find in the morals of the people reflections of that virtue of which water is so vivid a type; and—a matter which more immediately bears on the subject of this Manual—suffering more easily controlled by our remedies, and the development of those latent tendencies to disease most effectually prevented, which the habits and fashions of the present age seem to favour.

Fresh Air.* A proper supply of pure fresh air is essential for the preservation of life and health. Although life may not be suddenly destroyed by breathing an impure atmosphere, still the vital energies are slowly but surely impaired, especially those of growing children and persons suffering from disease.

Bed-rooms, in which about one-third of human life is passed, are generally too small, and badly ventilated. The doors, windows, and even chimneys are often closed, and every aperture carefully guarded to exclude fresh air. The consequence is, that long before morning

* For much useful information on Ventilation, see *H. World*, vol. i. pp. 5–8.

dawns the atmosphere of the whole apartment becomes highly noxious, in consequence of the consumption of its oxygen, the formation of carbonic acid, and the exhalation of impurities from the lungs and skin. In an atmosphere thus loaded with effluvia, the sleep is heavy and unrefreshing, partaking more of the character of insensibility. Due provision for the uninterrupted admission of free air, and the free escape of impure air, secures lighter, shorter, and more invigorating sleep. *An airy, well-ventilated sleeping apartment should be regarded as one of the most important requirements of life, both in health and sickness.* With few exceptions the door and window of the bedroom may be left open, except in foggy weather, with perfect safety. A current of air may be prevented from playing on the face of the occupant by placing the bed in a proper situation, or by suspending a single curtain from the ceiling. The objection that is often urged against night air is met by the consideration that there is no other air to breathe.

Light. The importance of sun-light for phy-

sical development and preservation is much undervalued. It is not commonly known that there are chemical rays as well as rays of light and heat; and that they have an important influence on the healthy growth of all animated nature. Women and children, as well as men, in order to be healthy and well developed, should spend a large portion of each day where the solar rays can reach them directly. In very hot weather, during the excessive heat of the day, a shady tree or grove, or even an airy house, may be sought; but dark parlours and rooms should be shunned, for the cold "damp of death" is often within them. Houses that have been penetrated and purified by the solar rays in the day-time are alone fit to be occupied at night.

The value of sun-light, with its accompanying influences, for animal development, may be illustrated by such facts as the following:—In decaying organic solutions, animalculæ do not appear if light is excluded, but are readily organised when light is admitted. The tadpole, kept in the dark, does not pass on to develop-

ment as a frog, but lives and dies a tadpole, and is incapable of propagating its species. In the deep and narrow valleys among the Alps, where the direct rays of the sun are but little felt, Cretinism, or a state of idiocy, more or less complete, commonly accompanied by an enormous Goitre, prevails as an epidemic, and is often hereditary. Rickets, deformities, crookedness, and swelling of the bones, are very common among children who are kept in dark alleys, cellars, factories, and mines. It has been found that, during the prevalence of certain epidemic diseases, the inhabitants who occupy the side of the street and houses upon which the sun shines directly, are less subject to the prevailing disease than those who live on the shaded side. In all cities visited by the Cholera, it was invariably found that the greatest number of deaths took place in narrow thoroughfares, and on those sides of streets having a northern exposure, from which the salutary beams of the sun were excluded. It is said that the number of patients cured in the hospitals of St. Petersburg was four times greater in rooms

well lighted than in confined and dark rooms. This discovery led to a complete reform in lighting the hospitals of Russia, and with the most favourable results.

Bathing. As an invaluable aid to health, every person should bathe or sponge the whole body with cold water, immediately following it by vigorous friction, and soon afterwards exercise in the open-air, to promote reaction. This tends to health by the removal of impurities which clog the pores of the skin, preventing free perspiration and the action of the atmosphere. Merely washing the hands, face, and neck is by no means sufficient; the entire surface of the body requires the application of water, not only for the purpose of cleanliness, but as a means of invigorating the capillary circulation, and so fortifying the system as to enable it to resist atmospheric vicissitudes. The secret of attaining these ends consists in employing water in such a manner and of such a temperature, with the body in such a condition before and after the application, that the reaction or glow shall be most perfect. The best time for a cold

bath is on rising from bed, before the body has become chilled or fatigued. Cold bathing should not, therefore, be practised when the body is cold or cooling, or when it is exhausted by exertion, or is naturally too weak. A bath should not be taken too soon after a meal; nor should the time spent in the bath be too long; that should vary, according to circumstances, from about one to four minutes. The addition of *sea-salt* to the water imparts a stimulating property which favours reaction; but the use of sea-water whenever it can be had permits of bathing to the ihghest perfection. Persons subject to Rheumatism, or to feeble action of the heart, should not, however, bathe in water that is quite cold.

For information on various forms of baths, and the conditions under which they are admissible, the *Text Book*, before referred to, should be consulted.

Clothing. Clothing should be arranged with a view to comfort, and according to the requirements of the season. Summer clothes should not be put on too soon, or winter ones too late. Thin-soled boots and shoes are destructive to

health. So are stays. The body is strong enough to support itself; while stays often bring on diseases of the lungs and other important organs. The muscles of the body were intended to sustain it erect, but when stays are applied they soon become indispensable, by superseding the action of the muscles; and, in accordance with a well-known law of the muscular system, when the muscles cease to be used they cease to grow.

The following passage on clothing suggests points of great practical importance :—

"The clothing may be either insufficient or improper; and this insufficiency or impropriety may be either *constant*, as in leaving uncovered the abdomen, thighs, and legs of young children, and the neck, chest, and arms of children and young girls, and in the neglect to put on flannels in winter; or it may be only *occasional*, as in the adoption of muslin and low-bodied dresses by ladies, and thinner neckties, vests, and boots by gentlemen, for evening parties; and in the neglecting to add more clothing during sleep. The frequency with which disease results in children from the inhuman practice of leaving their digestive, respiratory and other organs, and their extremities exposed to the chilling blasts and varying temperature of our atmosphere, is unfortunately too well known to need that I should enter into any proof; nor

need I more than protest against the cruelty of leaving those parts naked in children, that we find it absolutely necessary to clothe the most warmly in adult life; and more especially when we reflect that in childhood the body is small and the stock of animal heat insufficient, and the bodily growth in progress, and that growth is retarded and checked by cold and favoured by warmth: that there is absence of reason and experience to teach how to keep up the warmth of the parts exposed; while in adult life the body is large and the stock of animal heat more adequate, the growth complete, and reason and experience possessed. I am convinced that many of the cases of infantile Diarrhœa, Cholera, Constipation, Remittent fever, Dropsy after Scarlatina, Marasmus, Phthisis, Bronchitis, Pneumonia, Quinsy, Hoarseness, and Ophthalmia, result from this exposure." *

Exercise. This is essential to health and long life. No one in health should neglect to walk a moderate distance every day in the open-air, if possible in the country, where pure air can be freely inhaled. Other things being equal, this will ensure the proper action of every important function. The walk for health should be diversified, including ascents and descents, and varying scenery; and be alternated, when circum-

* *Taking Cold*, by J.W. Hayward, M.D.

stances admit of it, with riding on horseback, rowing, swimming, gardening, or similar pursuits. Such modes of exercise, practised moderately and regularly, and varied from day to day, are much more advantageous than the exciting, immoderate, and irregular exertions of the ball-room, the hunting-field, the cricket-ground, or the rowing-match. For feeble and infirm persons, carriage-exercise, if it may be so called, and frictions over the surface of the body and extremities, by means of towels and bath-gloves, may be substituted for active exertion.

The proper periods for exercise are—when the system is not depressed by fasting or fatigue, or oppressed by the process of digestion. The robust may take exercise before breakfast, but delicate persons, who often become faint from exercise at this time, and languid during the early part of the day, had better defer it till from one to three hours after breakfast. An evening walk, in fine weather, is also advantageous. Exercise prevents disease by giving vigour and energy to the body and its various organs and members, and thus enables them to

ward off or overcome influences which tend to impair their integrity. It cures many diseases by equalising the circulation of the blood and the distribution of nervous energy, thus invigorating and strengthening weak organs, and removing local torpor and congestion.

Tobacco. *Tobacco and Snuff*, in every form, are highly prejudicial. Tobacco-smoking often induces thirst and vital depression, and as it is generally accompanied by *spitting*, wastes the saliva, and leads to the worst and most obstinate forms of indigestion. The secretions of the mouth should never be expectorated, unless they are the products of disease, as in Catarrh. Tobacco-smoking, especially when the habit is acquired in early life, gives an unhealthy character to the blood, produces a sallow hue of the skin, general physical weakness, and stunted growth. And these injurious consequences do not end with the smoker, but are transmitted from parent to child, resulting often in a puny, weak, and unhealthy offspring. Smoking tends to destroy the nervous forces, depriving the individual of that vigorous energy which should distinguish both his phy-

sical and moral character. Lastly, under no circumstances should any one become a smoker till after the full development and maturity of the body, that is, from twenty-five to thirty years of age. The habitual use of tobacco at an earlier period retards, if it does not stunt, the growth of the body. Boys, and young men too, have not the excuse for smoking, which may be pleaded by older men, that it soothes the excitement of the nervous system, or gives a stimulus to thought, for they are exempt from the hard wear-and-tear of adult life.*

Drugs. All persons, and especially those under homœopathic treatment, we strongly advise not to take herb-tea, senna, salts, castor oil, pills, or other drugs. Caution in respect to aperient drugs is especially required now that such numerous patent medicines are advertised and sold in every part of the country, doing an incalculable amount of injury.

* See "A Smoking Doctor on Smoking."—*Homœopathic World*, vol. vi. p. 226.

CHAPTER III.

3.—Medicines: their Administration, etc.

Forms of Medicines. The following brief description of the different forms of medicines used in homœopathic practice will afford the beginner the necessary information on the subject. The preparations are of four kinds—*Pilules, Globules, Tinctures, and Triturations.*

Pilules. *Pilules* consist simply of a porous non-medicinal substance, medicated, by saturation, with any remedy desired. They are very tangible, and if kept in a well-corked phial, retain their virtue for years. They are well suited for domestic use, especially for commencing the practice.

Globules. *Globules* are about the size of poppy-seeds, and are prepared in the same manner as Pilules. Though considered convenient for administration to infants, they are not very tangible, and their appearance has done much to excite prejudice and ridicule. We are not sorry,

therefore, to find that they are now fast giving place to pilules.

Tinctures. *Tinctures* contain the more active principles of the vegetable medicines in a greater or less concentrated form, and are supposed to be more decided and rapid in their action, in acute diseases, than Pilules. It is therefore advisable for those who reside at a distance from medical aid to be furnished with a selection of the tinctures adapted to sudden and acute diseases, in addition to a complete case or chest of the Pilules, especially those numbered 1, 5, 6, 10, 14, 19, 23, 24, 25, 26, 28, and 30 in the list, page 65.

Triturations. *Triturations* are in powder, and contain a portion of the original crude substance triturated with a given quantity of sugar-of-milk; they are necessary to the administration of the lower attenuations of insoluble medicines, such as *Calcarea Carbonica*, *Hepar Sulphuris*, *Mercurius*, *Silicea*, etc., but are not largely used in domestic practice.

Genuine Medicines. To obtain a beneficial action from the remedies prescribed in this

Manual, it is essential to procure them absolutely pure. As a safeguard, it is best to obtain them from a person who has been educated, and is exclusively engaged, as a homœopathic druggist. Although there are now many respectable firms in whose ability and integrity the fullest confidence may be placed, yet caution is necessary; many persons offer for sale homœopathic medicines who have had but little pharmaceutical training, or who are chiefly occupied in preparing or selling strong-smelling drugs and other articles likely to deteriorate delicate and carefully prepared homœopathic remedies. When domestic treatment is likely to be much resorted to, as in districts distant from a professional man, or in the cases of clergymen, missionaries, or emigrants, a medical man should be consulted, who will not only be able to direct to trustworthy persons, of whom the medicines may be obtained in their pure and most efficacious forms, but also to suggest hints as to the most useful remedies, the dilutions, etc., most likely to meet special requirements.

Medicine Case. A medicine-case should be constructed expressly for the medicines, and used for no other purpose; it should be kept locked, under the charge of a respectable person, and be protected from light and heat; it should also be kept quite apart from substances which emit a strong odour. Immediately after using a phial, it should be corked again, and the corks or medicines never changed from one phial to another. If these directions be carried out, the medicines may be kept unimpaired for years.

Directions for taking Medicines. *Pilules* may be taken dry on the tongue, but it is better, when convenient, to dissolve them in pure soft water. They should not be swallowed whole. If *Tinctures* are used, the required quantity should be dropped into the bottom of a glass or cup, by holding the bottle in an oblique manner, with the lip resting against the middle of the end of the cork; the bottle should then be carefully tilted, when the tincture will descend and drop from the lower edge of the cork. Or, which is a much easier method, a piece of solid glass, bent at a right angle, about $\frac{3}{16}$ of an inch

diameter, should be introduced into the bottle, as shown in the illustration. This simple contrivance enables the most timid person to drop the tinctures with exactness. Water should then be poured upon the medicine in the proportion of a table-spoonful to a drop. The vessel should be clean, the mixture kept covered,



and the spoon used should not be left *in* the mixture. Fine glazed earthenware spoons are the best for this purpose. If the medicine have to be kept several days, a new bottle, with a new, sound cork, should be used.

Medicines. A list of the chief medicines, and their dilutions, prescribed in this Manual:—

	LATIN NAMES.	DIL.	ENGLISH NAMES.
1	Aconitum Napellus	3	Monk's Hood
2	Antimonium Tartaricum	3	Tartar Emetic
3	Arnica Montana	3x	Leopard's-Bane
4	Arsenicum Album	3x	Arsenic
5	Belladonna	3x	Deadly Nightshade
6	Bryonia Alba	3x	White Bryony
7	Calcarea Carbonica	5	Carbonate of Lime
8	Carbo Vegetabilis	5	Vegetable Charcoal
9	Chamomilla	3x	Wild Camomile
10	China	1x	Peruvian Bark
11	Cina	3x	Mugwort of Judea
12	Coffea	3x	Mocha Coffee-Berries
13	Colocynthis	3x	Bitter Cucumber
14	Drosera	1x	Sundew
15	Dulcamara	3x	Bitter-Sweet
16	Gelseminum Sempervirens	1x	Yellow Jessamine
17	Hepar Sulphuris	3	Liver of Sulphur
18	Ignatia Amara	3x	St. Ignatius's Bean
19	Ipecacuanha	1x	Ipecacuanha
20	Kali Bichromicum	3	Bichromate of Potash
21	Lycopodium	5	Common Club Moss
22	Mercurius	3	Mercury
23	Nux Vomica	3x	Vomit Nut
24	Phosphorus	3x	Phosphorus
25	Pulsatilla	3x	Wind-Flower
26	Rhus Toxicodendron	3	Creeping Poison-Oak
27	Silicea	5	Pure Flint
28	Spongia Tosta	3x	Burnt Sponge
29	Sulphur	3	Sulphur
30	Veratrum Album	3x	White Hellebore

Also the strong Tincture of Camphor to be kept separately.

EXTERNAL REMEDIES:—Arnica Montana, Calendula Officinalis, and Rhus Toxicodendron.

For information respecting the properties and uses of the medicines in the above list, and a few others occasionally prescribed, consult the *Materia Medica*.

Hours. The most appropriate times for taking medicines, as a rule, are—on rising in the morning, at bedtime, and, if oftener prescribed, about an hour before, or two or three hours after, a meal.

The Dose. In determining the quantity and strength of doses, several circumstances should be considered, such as age, sex, habits, nature of the disease, etc. As a general rule, without reference to individual peculiarities, the following may be stated as the proper dose in domestic practice:—*For an Adult,*—ONE DROP OF TINCTURE, TWO PILULES, FOUR GLOBULES, OR ONE GRAIN OF TRITURATION.* *For a Child,*—ABOUT ONE-HALF THE QUANTITY. *For an Infant,*—ABOUT ONE-THIRD. A pilule, or a drop, is easily divided into two doses, by mixing it with two spoonfuls of water, and giving one spoonful for a dose.

Repetition of Doses. The repetition of doses must be guided by the acute or chronic character of the malady, the urgency and danger of

* Small spoons are now made which just contain one grain of trituration.

the symptoms, and the effects produced by the medicines. In violent and acute diseases, such as Cholera, Croup, Pleuritis, Convulsions, etc., the remedies may be repeated every ten, fifteen, or twenty minutes. In less urgent cases of acute disease, the remedy may be repeated every two, three, or four hours. In chronic maladies, the medicine may be administered every six, twelve, or twenty-four hours. In all cases, when improvement takes place, the medicine should be taken less frequently, and gradually relinquished.

Alternation of Medicines. To avoid the confusion resulting from mixing different drugs in one prescription, and to ascertain the pure action of each, Homœopaths do not mix several together; but in acute diseases, where the symptoms of the malady are not covered by a single remedy, and a second one is indicated, the two are sometimes given in *alternation*; that is, the one medicine is followed by the other at certain intervals of time, and in a regular order of succession. But the alternate use of medicines should, as much as possible, be avoided.

CHAPTER IV.

4.—Nursing, Diet, Baths, and other Accessory Treatment.

On Nursing. The following hints on the nursing of the sick generally, and persons in fever particularly, should receive special attention.

1. *The Apartment.*—If practicable, the patient should be placed in a spacious well-ventilated room, which allows an uninterrupted admission of fresh air, and the free escape of tainted air. Fresh air can only be ensured from an open window or door, or both. In severe and prolonged fevers, there should be two beds in the room, one for the day and the other for the night. This allows the beds to be made and aired, and the fever-poison immediately around the body changed. It is generally desirable to have a blazing fire kept burning night and day, both in summer and winter; this also assists ventilation; but the patient's head should be protected from its direct effects.

In *contagious* and *toxæmic diseases*, thorough ventilation is imperatively required; for only

when the poison of the disease is sufficiently diluted with atmospheric air, does it lose its power and become inoperative. The room should also be divested of all superfluous furniture—carpets, bed-hangings, etc. The light from the windows should be subdued, noise shut out, and unnecessary talking forbidden.

2. *The Bed.*—A spring mattress, or a frame, recently introduced, made of fine chainwork, with a horse-hair mattress over it, is the best kind of bed; it is sufficiently soft, and the heat may be regulated by the coverings. In a sanitary point of view, a feather-bed is most objectionable, for after being slept upon from year to year, even by a person in health, it becomes foul and impure. But if the body be diseased, especially if the disease be an infectious one, the feathers imbibe the poison, and may become the means of further dissemination. Feather-beds should be everywhere superseded by mattresses; or, at least, the feathers should be purified at regular intervals, and after every case of infectious disease. Feathers may be purified by exposing them to the highest degree of heat they wil[1]

bear without scorching. Such instances as the following are far from uncommon:—A severe and fatal case of Small-pox, Typhus, or Scarlet-fever occurs in a family; and there properly arises a strong prejudice against the bed on which the patient died. The correct course would be to burn it; but too frequently it goes to the broker, who after, perhaps, renovating its exterior a little, sells the pest-laden bed to carry contagion, and perhaps death, to its future owners.

3. *Cleanliness.*—The personal and bed linen, including the blankets, should be frequently changed, and all matters discharged from the body immediately removed. The patient's body should be sponged over as completely as possible at suitable intervals with tepid or cold water, as may be most agreeable to his feelings, and quickly dried with a soft towel. Vinegar and water may now and then be substituted for simple water. Vinegar is often very grateful to fever patients. Rapid sponging of the whole surface of the body should never be omitted in fever; it reduces the excessive heat, soothes the uneasy

sensations of the patient, and is indispensable in maintaining that cleanliness which is so desirable in the sick-room. Frequent washing with soap and water also tends to prevent the occurrence of bed-sores, by keeping the skin in a healthy condition. The mouth should be frequently wiped out with a soft wet towel, to remove the *sordes* which gather there in severe forms of fever.

4. *Beverages.*—As a beverage, especially in mild cases of disease, and at the commencement of all fevers, pure water, toast-and-water, gum-water sweetened with a little sugar,* or barley-water, lemonade, soda-water, and other effervescing drinks, or grape-juice, orange-juice, or jelly, is nearly all that is necessary. Tea and coffee, of ordinary strength, are often pleasant stimulants, and may be given in moderate quantities. If given in too large or frequent

* GUM-WATER is prepared by adding one ounce of Gum-Arabic, and about half an ounce of loaf sugar, to one pint of hot water. GUM is a mild nutritive substance, admirably adapted to inflammation of the mucous membranes, as in Catarrh, Bronchitis, Inflammation of the Bladder, etc.

doses, they may prevent sleep. But to relieve thirst, cold water is best and most pleasant, and no patient ought to be refused this. In acute fever, cold water is like the "Balm of Gilead." Both internally and externally, it is an agent of supreme importance, and acts favourably by lowering the excessive temperature, and also as a tonic, giving vigour and tone to the relaxed capillaries in which the morbid action probably chiefly goes on. The use of water will prove a valuable adjunct to the medicinal treatment prescribed, and will accelerate those favourable changes which are hoped for.

5. *Diet.*—In most cases of acute disease, no solid food is admissible: simple water, or milk-and-water, gum-, rice-, or barley-water, grape- or orange-juice, or jelly, together with Liebig's Extract of Beef, being quite sufficient. This extensively used and extremely valuable article of the invalid's dietary, is the extracted juice of meat, and, by the addition of hot water, instantly makes agreeable and nutritious beef-tea. There are many varieties. Under other conditions the diet is varied as follows:

Milk Diet. This includes all kinds of light puddings, made with milk. Arrowroot, gruel, tapioca, rice or sago, boiled in milk; milk-and-bread, etc. Also tea or cocoa, and bread-and-butter.

Meat Diet. When this is ordered, meat should be taken twice daily; but for breakfast, eggs may sometimes be substituted. In many hospitals, the daily allowance of meat is ¾lb., including bone. In other respects ordinary diet may be taken.

Extraordinary Diet. In hospitals, this includes meat, fish, poultry, etc.; also wine, brandy, or porter, as specially ordered by the doctor. The quantity of spirits, wine, or beer to be taken by a patient, should be regulated by the special order of a medical man, and none taken unless so ordered. Stimulants should also always be discontinued when the cause for which they were prescribed ceases to exist.

Different diseases and different constitutions, however, require varied kinds of food. Thus, in cases of Diarrhœa, fruits and vegetables should be avoided, while a confined state of the bowels

is sometimes benefited by the free use of these articles; also when febrile symptoms are present, meat, eggs, butter, and other stimulating food, should be omitted, and the diet restricted more particularly to fruits and farinaceous articles, or, as before stated, to water and mucilaginous drinks alone. For further remarks on diet, see the article "Dyspepsia."

6. *Regularity of Feeding.*—Another point of great importance is, that *nourishment should be administered with strict regularity;* in very extreme cases of prostration, every half-hour or hour, both day and night. Frequently, the functions of digestion and assimilation are so greatly impaired, that a large quantity of nourishment must be given to sustain the patient till the disease has passed through its stages. "Little and often" is the golden rule for a patient's diet.

7. *Food not to be kept in the sick-room.*—Miss Nightingale's suggestion on this point is so important, but, we regret to observe, so often disregarded, that we venture to repeat and enforce it here. It is this—do not keep the food, drink,

or delicacies intended for the patient, in the sick-room, or within his sight. The air of the apartment is liable to deteriorate them, and the continuous sight of them to occasion disgust. Rather take up for him, at the fitting time, and by way of surprise, two or three teaspoonfuls of jelly, several segments of an orange, or as many fresh grapes as he may consume at once. Or, if it be appropriate to his condition, a small cup of beef-tea, covered with one or two narrow slips of toasted bread, is very much preferable to inviting him to swallow even a less quantity from a basinful that has been kept for hours within the reach of the patient's hand and eye.

8. *Moderation in convalescence.*—Relapses are very liable to occur from indulging the appetite too freely during convalescence; and, therefore, toast and black tea, jellies, light bread puddings, white fish, mutton-broth, Extract of Meat, a small quantity of tender chicken, broiled mutton, etc., may only be allowed in great moderation, but never to the capacity of the appetite, till the tongue is clean and moist, and the pulse, skin, and temperature have become natural.

Even then, extreme moderation should be exercised, as the appetite is often excessively craving.

5.—Baths, etc.

WARM OR HOT BATH.—The patient should be immersed in warm water up to the neck, and directly afterwards a towel or sponge, squeezed out of cold water, applied to the head; the cold towel or sponge may be applied for about three minutes, but the patient kept in the bath for ten or fifteen minutes. The temperature of the water for a *hot*-bath should be about 98° to 100°, or what can be agreeably borne by the bared elbow, and for a *warm*-bath about 90°. A thermometer is, however, the best guide to the heat; and as they are not expensive, one should be kept in every family. The temperature should be *fully maintained*, by additions of hot water carefully poured down the side of the bath, till the patient is taken out. The bath should be given in front of a good fire, and a warmed blanket be in readiness to wrap the patient in directly he leaves the bath. The hot-bath is of

great service in Convulsions, Tetanus, etc.; it draws the blood from the overloaded brain to the general surface of the body. It is also useful in simple or severe febrile diseases; in spasmodic affections of the bowels, or bladder; in Prurigo, etc.

THE HOT FOOT-BATH.—The following will often arrest colds and fevers in their incipient stages, and immediately relieve congestive headaches, etc.:—On retiring to bed, the feet should be put in hot water, the water rising nearly to the knees; the patient should be undressed, but abundantly and warmly covered; the temperature of the water should be maintained *and increased by fresh additions of hot water* for ten, twenty, or thirty minutes, according to the strength of the patient, *or until perspiration breaks out about the face.* The patient should then get into a warm bed, be well covered with clothes, and the perspiration encouraged by drinking cold water freely. On rising in the morning the cold plunge bath should be taken, or the whole surface of the body quickly sponged or rubbed over with a wet towel or sheet, fol-

lowed by vigorous friction with a dry one. The hot foot-bath should not be used too often.

THE WET PACK.—A mackintosh sheet or stout blanket or quilt should be spread on a mattress, and over it, leaving a margin at the head, a thick linen sheet, *wrung* out of *cold* water. In fevers, the colder the water is the better; for very delicate persons with feeble reaction, water at 68° may be used. The patient is to be extended on his back, naked, on the wet sheet, so that the upper edge comes to the top of the back of the neck, while the lower edge projects beyond the feet; holding up the arms, one side of the sheet is to be thrown over the body and tucked in: the arms are now placed by the sides, and the other part of the wet sheet is thrown over all, and tucked rather tightly in, turning in the projecting ends under the feet. The mackintosh or blanket is then to be brought over all the sheet, and well tucked in round the neck, at the sides, and over the feet, so as completely to exclude the air. A stout quilt or extra blanket is to be put over all. In a short time the patient will become warm; the sensation is

most agreeable, especially in fevers. The patient may remain in the pack three-quarters of an hour to an hour, then be put into a shallow bath of water at 64°, well washed, dried, and put to bed. It may be repeated once, twice, or thrice a day, according to circumstances and the violence of the attack. Perspiration may be encouraged by frequent sips of cold water. If the head becomes congested, or the face flushed while in the pack, a cold compress should be applied over the forehead. The wet pack is invaluable in the *early* stages of all fevers; and in *Scarlatina*, *Measles*, *Small-pox*, etc., it assists in bringing out the eruption.

THROAT COMPRESS.—This is an excellent domestic application in various affections of the throat, and may be used preventively or remedially in the following manner:—A piece of linen or flannel should be wrung out of cold water, and wrapped in two or three thicknesses around the throat; this should be covered with oiled silk or gutta-percha tissue, and then two or three thicknesses of flannel to maintain the warmth. When this is applied, the patient should retire

to bed, and he will generally have the satisfaction of finding his throat-difficulty much relieved by the morning. In obstinate cases, the compress should be worn day and night, and rewetted as often as it becomes dry. When the compress is taken off, the throat and chest should be bathed with cold water, followed by a good rubbing with a towel. However often repeated, the wet compress never relaxes the throat.

ABDOMINAL COMPRESS.—This consists of two folds of linen, or a napkin, wrung out after immersion in cold water, and applied over the front of the abdomen, covered with oiled silk, and secured by a flannel bandage around the body over all.

PART II.

DISEASES AND THEIR TREATMENT.

CHAPTER I.

GENERAL DISEASES. *A*:—BLOOD DISEASES.

6.—Small-Pox (*Variola*).

VARIETIES.—This highly-contagious disease is termed *discrete* when the pustules are separate, and *confluent*, when they run into each other, and form continuous suppurating surfaces.

SYMPTOMS.—The attack commences like most other fevers, and about twelve or fourteen days after the reception of the poison. There is chilliness, heat, headache, *a thickly-furred, white tongue*, a deep flush upon the face, a feeling of *bruised pain* all over the body, but *especially in the back and loins;* more or less pain or *tenderness at the pit of the stomach*, and sometimes *vomiting*. When the pain in the back and vomiting are violent, they may be regarded as

the precursors of a severe form of the disease. On the third day the eruption appears in the form of red spots, or small hard pimples, feeling as though they were shot in the skin. It first comes out on the forehead and front of the wrists, is gradually extended over the body, and may also be seen upon the palate. The eruption being completed, the fever subsides, the pustules begin to fill like boils, are *depressed in the centre*, and surrounded by a circular inflamed ring. The eyelids, face, and hands are swollen, and often the features obliterated. A peculiar disagreeable odour now begins to emanate from the patient, which, once smelt, cannot easily be forgotten. In about eight days from the first appearance of the eruption, the pustules break and discharge their contents; scales then form, which dry up, and, in a healthy state of the constitution, fall off in the course of four or five days, leaving purplish spots, which do not fade away before the sixth or eighth week.

Diagnosis.—In the early stage, Small-pox is chiefly distinguishable from the other eruptive fevers by severe pain in the back, and vomiting;

also by the sensation which is given by the dots to the finger, as if *small shots* were embedded in the skin; this latter is a most useful sign by which to determine Small-pox from Scarlatina and Measles.

DANGERS.—The greatest danger arises from the *secondary fever*, about the ninth to the twelfth day, when the pustules are ripening; for then the fever is likely to return, after the vital strength has already been much exhausted. In a confluent case, fatal chest symptoms, or Laryngitis, may arise; or the pox may be followed by Abscesses in various parts of the body; or there may be ulceration and opacity of the cornea and loss of sight.

TREATMENT.—*Antimonium Tart.*—This is a prominent remedy in the disease, and often strikingly relieves the spasmodic retching, nausea, and hoarse cough, which are often very distressing. *Ant.-Tart.* should therefore be given directly Small-pox is suspected, either alone or in alternation with one of the following remedies.

Aconitum, every third hour, for fever, head-

ache, and restlessness; if the pulse be not lowered or the skin moistened, *Veratrum Viride* (1x), in hourly drop doses, should be resorted to if there be much sickness with the fever, and very rapid pulse. See also *Bell.*

Belladonna.—Stupor or *delirium*, severe *headache*, or *Ophthalmia*. *Bell.* has a direct action upon the brain; it also tends to retain the eruption upon the surface.

Apis.—Considerable *swelling of the face and eyelids.* If the swelling be attended with hoarseness and pain in swallowing, *Apis* and *Bell.* should be alternated.

Mercurius.—Ulcerated throat, enlarged glands, *salivation*, and diarrhœa, the stools being bloody.

Rhus Tox.—Valuable during the eruptive stage, when there are severe *pains in the loins and back*, and marked prostration.

Coffœa.—Much *restlessness* and *inability to sleep.* A few doses only will be required.

Carbo Veg.—Low typhoid symptoms, with a tendency to putrescence. Tincture of *Sulphur* is also very valuable. The latter should be administered during convalescence to prevent sequelæ.

ACCESSORY MEANS.*—As soon as the eruption appears, the patient should be placed in a moderately dark room, in which there is ample provision made for the uninterrupted admission of fresh air, and the free escape of tainted air; if possible, in a room with opposite windows, and these should be kept open day and night in all seasons. If the weather is very cold, a good fire should be kept in the room, and the windows left open, the patient having an extra blanket to avert cold; if the weather is mild, the patient should be absolutely treated in the open air, "Nothing is of so much importance as pure air. and that in unlimited quantities. In this hospital we have kept our windows open constantly by night and by day throughout the months of February, March, April, etc.; and this has been attended with the very best results, for our mortality is the lowest of all the Small-pox hospitals in London, and we were receiving our patients from the same sources, and some time before this epidemic reached its height."† The

* See also Nursing, Diet, etc., for the sick, pp. 68–76.

† Dr. A. Collie, Resident Medical Officer of the Homerton Fever Hospital.

patient should be kept cool, and the sheets and linen be frequently changed. The posture of the patient in bed should be frequently changed, so as to avoid constantly lying on his back, or on particular parts, otherwise troublesome bed-sores will be formed. The diet should be liberal, as the disease is an exhausting one, but it must be given in such a form as to be readily digested and absorbed; it should include a liberal allowance of milk diluted with about one-third soda-water, raw eggs beaten up with milk (cold), beef-tea, arrowroot, sago, etc. Tea or coffee, in moderation, is often grateful and useful; but to quench thirst, nothing is more pleasant and refreshing than pure cold water. Any objection to cold water on the part of nurses or friends is to be firmly combated. Lemonade, soda-water, and other effervescing drinks may also be allowed. As soon as the eruption is well out, the whole surface should be smeared over with bacon-fat, the anointing being repeated twice or thrice daily. A piece of boiled bacon cut horizontally, leaving about a quarter of an inch of fat adhering to the skin, may be used to anoint the eruption.

It completely prevents pitting, and allays irritation. As the pimples begin to ripen into pustules, and before they break, the skin should be sponged with glycerine and rose-water, in equal parts, and directly afterwards, by the aid of a soft puff, the skin covered with a powder prepared by mixing one part of the 1st trituration of *Tart. Emetic* with eight of violet powder. The glycerine-water causes the powder to adhere, and pitting is effectually prevented.* The process should be repeated as often as necessary. If the patient is a child, his hands should be muffled to keep him from scratching, which might lead to ulceration. Two or three times a day, whenever the skin becomes hot or irritable, great relief will be afforded by sponging it with tepid water, and well drying it with a soft towel. A little carbolic acid may be put into the water. Tepid sponging adds much to a patient's comfort; it also hastens convalescence. When the pustules have burst, powdered starch should be freely applied, to absorb the matter.

For General Treatment.—See pp. 68—76.

* See "An Account of an Epidemic of Small-pox and its Treatment," in the *H. World*, vol. iii., pp. 86–88.

7.—Vaccination.*

This is the process by which the disease—Vaccinia—is artificially introduced into the body for the purpose of protecting it against Small-pox.

The performance of this great preventive is now rendered compulsory during the first three months of infancy. In performing vaccination there are four precautions to be observed: (1) The vaccine *lymph* should be taken from a child free from Scrofula and any constitutional taint. (2) The lancet employed should be absolutely *clean*. (3) The matter should be inserted in four places in each arm, it having been found that the protective power of vaccination is in proportion to the number of the resulting *cicatrices* (scars), that being the most efficient which leaves the most and the best cicatrices. (4) It should be *repeated* at the age of puberty, the great changes which take

* In Sweden, forty years *before* vaccination, out of every million persons, 2,050 died annually; *after* vaccination, 158. In Berlin, before vaccination, 3,442; after, 176.

place at this period of life rendering its repetition necessary.

8.—Chicken-pox (*Varicella*).

On the second day of a slight fever an eruption appears similar to that of Small-pox, for which it may be at first mistaken. But it differs from Small-pox (1) in the mildness of the fever which attends it; (2) in the appearance of the eruption on the trunk first, on the face afterwards; (3) in the rapid appearance of the spots—twenty-four hours; (4) in the spots having no inflammatory ring around them in the first stage; (5) in the vesicular character of the eruption, the spots of which become filled with a watery fluid about the second or third day, which is never converted into yellow matter; (6) in the absence of hardness to the touch; (7) in the absence of odour; and (8) in the rapid course of the complaint. Generally on the third day the pustules dry up, forming crusts or scabs, but no pits.

Treatment.—It generally requires little else than attention to diet and warmth, as in *Febri-*

cula, unless the fever be considerable, when a few doses of *Aconitum* may be given. For headache and disturbance of the brain, two or three doses of *Belladonna*. *Rhus Tox.* is also believed to accelerate complete recovery.

9.—Measles (*Morbilli*).

Measles is a disease of childhood, usually unattended with danger, unless improperly treated; but in adults it is often a severe or even dangerous malady. Like Scarlatina and Smallpox, it is highly contagious, often epidemic, and generally attacks the same patient only once. At the close of 1873 the mortality in London for three weeks respectively numbered 116, 105, and 130. This was under allopathic treatment. Under homœopathic treatment no cases of simple Measles were fatal.

Symptoms.—About eight days after the reception of the poison, the disease is ushered in with the symptoms of a *common cold*—sneezing, running from the nose, red, swollen, and watery eyes, frontal headache, aching in back and

limbs, shivering, a hoarse, harsh *cough*, and *fever*. On about the fourth day from the commencement of the illness, the eruption appears on the face and neck, and soon after on the whole body. It is in the form of minute raspberry-coloured pimples, which multiply and coalesce into blotches of a more or less crescentic form, slighly raised above the surrounding skin, so as to be felt, particularly on the face, which is often a good deal swollen. In four or five days the fever abates, and the eruption declines, a bran-like scurf being afterwards thrown off the skin.

Measles differs from Scarlatina in several respects. The eruption is *rough*, so that on passing the hand over the skin considerable inequalities may be detected, and it is of a *darkish scarlet* colour; in Scarlet-fever the roughness is absent, and, in simple cases of the disease, the rash is of a *bright scarlet* colour. The sneezing, lachrymation, and other catarrhal symptoms, which characterise the primary stage of Measles, are usually absent in Scarlet-fever.

TREATMENT.—In mild forms, *Puls.* and *Sulph.*; in severe and complicated, *Acon.*, *Bry.*,

Bell., *Sulph.*, *Ipec.*, *Merc.*, *Rhus Tox.*, *Arsen.*, etc.

Aconitum.—Febrile symptoms, either at the outset, or during the progress of the disease. (See also *Verat.-Vir.*, under Scarlet-fever.) A dose every third or fourth hour, as long as necessary.

Pulsatilla.—Almost specific in Measles, especially when symptoms of cold, derangement of the stomach, and much phlegm in the chest are present. It is most useful after the fever has been modified by *Aconite;* in the absence of fever, it may bs given alone. Dose every two or three hours.

Belladonna.—Considerable affection of the throat, dry, barking cough, etc.; restlessness, and tendency to delirium. A few doses, at intervals of two or three hours.

Bryonia. — Imperfectly developed or suppressed eruption; stitching pains in the chest, difficult breathing, cough, etc. In addition to this remedy, a sudden recession of the eruption might necessitate a *hot-bath* (see page 76).

Ant.-Tart.—Complicated with bad Congestive

Bronchitis. *Gels.*, great restlessness. *Bapt.*, very bad gastric symptoms.

Sulphur.—After the eruption has completed its natural course, and the other remedies are discontinued. A dose morning and night for several days.

AFTER-EFFECTS (*Sequelæ*).—Measles is often succeeded by diseases of the lungs, eyes, ears, bones, or some affection of the skin. These are often far more serious than the malady itself, and generally require professional treatment. They may generally be *prevented* by the administration of *Sulphur* as just directed. Sequelæ are very infrequent after homœopathic treatment, unless constitutional evils are latent.

MEASLES AND CONSUMPTION. — Tubercular disease of the lungs, or more often, of the bowels, is by no means an infrequent sequel in delicate or strumous children. Cases of this nature are often under our care, and from long observation we have reason to believe that such a connexion is far from uncommon. Whenever, therefore, a child makes but a slow or imperfect recovery after an attack of Measles, more par-

ticularly if there be a high temperature, tenderness, pain, or enlargement of the abdomen, diarrhœa or irregular action of the bowels, a grave constitutional disease may be suspected, and no time should be lost in obtaining professional homœopathic assistance.

Diet and Regimen.—The general directions in the chapter on *Nursing* (pp. 68—76) should be carried out. The *Wet-pack* (p. 78) is useful at the commencement of the fever. It is especially necessary, while securing efficient ventilation, to guard the patient from cold, and, except during the very height of summer, a fire should be kept burning in his room. Exposure to strong currents of air may cause the eruption to recede, and bring on Bronchitis or Pneumonia. But a constant supply of fresh air may be secured without exposing the patient to draughts of cold air. The patient should be kept warm in bed. The room should be equally warmed, well ventilated, light, but the eyes protected from strong light. The diet should be the same as that recommended p. 72.

Preventive Measures. — Measles is con-

tagious, but may generally be prevented, or modified, by giving children who have not had the disease a dose of *Pulsatilla*, morning and night, during the prevalence of the disease.*

10.—Scarlet Fever—Scarlatina (*Febris Rubra*).

This is a contagious disease, the poison of which is only second in virulence to that of Small-pox. The second, third, fourth, and fifth years of life are those in which it is most prevalent; after the tenth year its frequency rapidly declines. The opinion that the disease does not attack children under two years of age is erroneous; as also is the idea that there is a difference between *Scarlatina* and *Scarlet-fever;* for the terms are synonymous.

The increasing prevalence of Scarlatina during the present century leads us to assign to it that

* For much useful and interesting information on this disease, see "Measles; its Complications and Fatality prevented by Homœopathy: being Contributions from more than Twenty Medical Men." Price 1d.; and sold by the publishers of this Manual.

pre-eminent rank among the causes of the mortality of childhood which was formerly occupied by Small-pox; indeed, the mortality from it often exceeds that from Measles and Small-pox combined. In 1863, the mortality from this disease in London alone was 4,982, a year remarkable for the wide-spread character and fatality of this epidemic. Nor were its ravages restricted to London, for scarcely a town or district of England escaped. The mortality in towns is double that in the country. Its fatality during the epidemics of 1869-70 was again very great, and for many weeks during the latter part of 1870 the mortality averaged 108 per week in London alone.

Symptoms.—Scarlatina has a latent period of about five days. The disease commences with the ordinary precursors of fever—shivering, hot skin, frequent pulse, thirst, and sore throat, headache, backache, and, often, vomiting. On the second or third day, after these symptoms, the eruption appears, first on the neck and breast, and then over the great joints and body generally, as a *scarlet efflorescence*, minutely point-shaped, but

not raised above the surrounding skin so as to be felt; and somewhat resembles a boiled lobster shell. On the fourth or fifth day the eruption generally begins to decline, and gradually goes off, the outer skin desquamating in large flakes. The distinctive characters of Scarlatina are—(1) *The scarlet rash*, just described. (2) The *high temperature of the skin and blood*, which becomes higher than in most other fevers, rising often to 105°, from 98°, the normal standard. (3) The papillæ of the tongue *are red and prominent*, and may be first seen projecting through a white fur, or, as this fur clears away, on a red ground, suggesting the term—"the strawberry-tongue." (4) The *sore throat*. The throat is congested and swollen round the soft palate and tonsils, and the mucous membrane of the mouth and nostrils is generally involved.

For points of difference between *Scarlatina* and *Measles*, see p. 91.

Degrees of Intensity.—There are three recognised degrees of intensity, viz.:—*Scarlatina simplex*, in which the skin only appears to be affected; *S. anginosa*, in which both skin and

throat are involved; and *S. maligna*, with extreme depression of the vital strength, superadded to the affection of the throat and skin, the fever assuming a malignant character. In this form, the tongue is brown, there is low delirium, the eruption is imperfect, darker than usual, and appearing and disappearing alternately. The throat is dark, livid, and even sloughy. Often this form of the disease terminates fatally on the third or fourth day, and is always one of such extreme danger that none but patients of very vigorous constitutions, with whom skilful treatment is commenced early, survive it.

Dangers.—(1) Exhaustion from virulence of the poison. (2) Inflammation of heart and brain. (3) Ulceration of the throat, suppuration through the ear, and consequent deafness. (4) Disease of kidneys and dropsy. (5) Rheumatic-fever, consequent on exposure during convalescence. (See also After-effects.)

Scarlatina is more prone to assume a malignant form than any other of the eruptive fevers, and sometimes prevails as an epidemic in low, ill-drained districts.

EPITOME OF TREATMENT.—

Scarlatina simplex.—Bell. alt. Acon.; Sulph. (*during convalescence*).

S. Anginosa.—Merc. (*ulceration of the throat*); Apis (*excessive swelling*).

S. Maligna.—Ailanthus Gland. (*early use, in frequent doses of* 1x dil.), Bapt., Ars., Apis, Gels., Mur.-Ac., Phos., Opi., etc.; also spray of Sulphurous Acid, or of Condy's Fluid, diluted—one part of either to about ten of water.

If possible, this disease should always be under the care of a homœopathic physician, as the mildest forms, neglected, have often led to the worst results.

LEADING INDICATIONS.—*Belladonna.*—Immediately Scarlatina is suspected, and especially when the rash begins to appear, the swallowing becoming difficult, and the throat inflamed, *Bell.* should be given every first, second, or third hour, according to the severity of the symptoms, and as long as the eruption is *bright-red.* In the simple form of the disease, Scarlet-fever will frequently yield to its action without the aid of other medicines.

Aconitum.—If the fever be severe, a few doses may precede, or be alternated with, *Bell.*

Gelseminum.—In simple cases when the eruption is not clear, when the symptoms are *remittent*, and there is much nervous restlessness.

Veratrum Viride is valuable when there is much head disturbance, vomiting, and very rapid pulse. It may be alternated with *Bell.*

Mercurius.—Inflamed, swollen, or ulcerated throat. If there is a predominance of the throat symptoms, especially malignant sore throat, *Merc.* is most valuable.

Terebinthina.—Disorder of kidneys; urine smoky and dark.

Arsenicum.—Great prostration of strength; cold clammy sweats; frequent, weak pulse; threatened dropsy. *Ars.* is also valuable during convalescence; it expedites desquamation and tends to prevent sequelæ.

Sulphur.—When the disease is on the decline, to prevent secondary complaints. See also *Ars.* A dose morning and night for several days.

General Measures.—The hints on Nursing (pp. 68-76) should, as far as possible, be strictly

carried out. The surface of the body should be sponged once or twice daily with tepid water, to moderate the great heat and allay restlessness. Sucking and swallowing small pieces of ice are both useful and grateful. A wet bandage to the throat, when it is affected, is a sovereign remedy, and seldom fails to relieve. It should be fastened both at the back of the neck and at the top of the head, so as to protect the glands near the angles of the jaws. Inhalation of steam from hot water is useful when the throat is sore and painful. Also the WET PACK (p. 78).

PREVENTION.—During the prevalence of Scarlatina, a dose of *Belladonna* (1x) should be given morning and night to children who have not had the disease. Should the disease occur notwithstanding this treatment, its severity will be much mitigated. Daily out-of-door exercise.

AFTER-EFFECTS (*Sequelæ*).—There are several sequelæ that may follow Scarlatina, especially in unhealthy patients or districts, or when the disease has not been skilfully treated. (1) Inflammation and swelling of the glands of the

neck, which in scrofulous children attain a large size, often suppurate, and burrow under the muscles of the neck. *Merc.*, *Hepar S.*, or *Calc.* should be administered immediately any swelling is observed. (2) The inflammation of the throat may be extended along the *Eustachian tubes* (small canals which extend from the throat to the ear), producing deafness by their obstruction, or by suppuration of the *tympanum* (drum of the ear), or some other mischief of the ear. The remedies recommended are—*Bell.*, *Merc.*, *Aurum*, or *Puls.* (3) But the most frequent and dangerous sequel is *Anasarca* (Dropsy), which takes place about the twenty-second day from the commencement of the fever. Dropsy is more frequent after a mild than after a severe form of Scarlatina, owing probably to the disease not having expended all its force, and some of the poison remaining in the system; or it may be due to the want of caution in such cases during convalescence. *Apis*, *Arsen.*, or *Bry.*, are the chief remedies. *Apis* is generally a prime remedy in post-scarlatinal Dropsy.

11.—Enteric or Typhoid, and Typhus Fevers.

SYMPTOMS.—The most characteristic are—debility; chilliness or rigors; weariness and restless anxiety; ringing noises in the ears, and often deafness; black spots before the eyes; low muttering delirium; stupor; and an eruption, especially on the pit of the stomach. The latter, however, may be imperfect, or even absent. Grey-coloured watery stools are a decided symptom.*

EPITOME OF TREATMENT.—

First stage.—Verat.-Vir., Baptisia, or Bry.

Great prostration.—Ars., Verat., or Rhus Tox.

Involvement of the lungs.—Phos. and Bry.

Involvement of the Brain.—Bell., Camph., Opi., or Rhus.

Involvement of the Bowels.—Ars., Bapt., Carbo Veg., Ipec., or Merc.

Nervous Debility following. — Fer.-Sulph., China, Ign., Sulph.

LEADING INDICATIONS.—*Verat.-Vir.*—Rapid

* For more detailed symptoms and treatment, see the author's *Text Book.*

pulse, severe headache, vomiting, and even delirium.

Baptisia.—Early typhoid symptoms. This remedy should be given, in low dilution and frequent doses, directly Enteric fever is suspected. It is almost specific.

Bryonia.—Bitter taste, brown-coated, rough tongue, bilious derangement, nausea, *confined bowels*, stupefying headache, *cough*, *stitches in the chest*, and irritable disposition. When there are furred tongue, rheumatic pains, and restlessness, *Bry.* may be alternated with *Rhus* every third hour.

Belladonna.—Violent headache, redness and congestion of the face; a wild, red, and fiery appearance of the eyes; throbbing and distention of the blood-vessels of the temples; wakefulness and nocturnal delirium, and other cerebral symptoms. *Hyoscyamus* may sometimes be required instead of *Bell.*

Mercurius.—Copious debilitating *perspirations;* thick-coated tongue, foul mouth, throat, breath, etc.; diarrhœic evacuations, greenish or yellowish; tenderness at the pit of the stomach.

TABULAR DIFFERENCES BETWEEN ENTERIC OR TYPHOID AND TYPHUS FEVER.

TYPHOID.	TYPHUS.
(1) Typhoid seldom attacks persons after forty, and is most common in youth, including children.	(1) Typhus occurs at any age, but more frequently in middle life.
(2) Is more common among the rich than the poor.	(2) Is rare among the wealthy, excepting doctors, students, and *visiting* clergymen.
(3) Arises from decomposing matter, foul drinking water, as when a drain leaks into a well, etc.	(3) Arises from overcrowding, bad ventilation, and destitution; it spreads by contagion.
(4) Comes on insidiously, the premonitory stage lasting a week or more.	(4) Comes on quickly.
(5) The bowels are much affected with diarrhœa, congestion, or even ulceration.	(5) The head is chiefly affected, and the bowels are often but little so.
(6) The eruption of the skin consists of ROSE-COLOURED SPOTS, something like Measles, appears in successive crops, and fades under pressure.	(6) The eruption is of a MULBERRY COLOUR, comes out only once, and does not disappear under pressure.
(7) Continues at least three weeks, often five or six, or even more.	(7) Runs its course in about a fortnight.
(8) The tendency to death is by ASTHENIA (*exhaustion*).	(8) Tends to death by COMA (*morbid drowsiness*).
(9) Is commonly called GASTRIC FEVER.	(9) Is sometimes called BRAIN FEVER.

Opium.—Stupor; slow, stertorous (*snoring*) breathing; hard, full, slow, or oppressed pulse; low delirium.

Arsenicum.—Extreme debility, prostration, rapid sinking, with very small, thready pulse; burning thirst; dark, offensive diarrhœic discharges; cold perspirations; symptoms worse at night.

Rhus Tox.—Foul discharges from the bowels; livid colour of the skin; imperfect or fading eruption; paralytic symptoms; extreme weakness and prostration; low muttering delirium; picking of the bed-clothes; offensive, putrid, or bloody diarrhœa; dry, cracked tongue; great thirst, and scanty urine.

Carbo Veg.—Offensive smells from the patient; involuntary putrid evacuations; deep-red urine; pinched, sunken countenance; burning in the abdomen and pit of the stomach; cold extremities; rapid sinking, and scarcely perceptible pulse.

ADMINISTRATION.—A dose every one or two hours for the severe symptoms; every three to six for mild.

ACCESSORY TREATMENT.—See pp. 68-76.

WATCHING PATIENTS.—Fever patients should never be left alone, but attended and watched day and night. Their urgent and incessant *wants* require this, and their *safety* demands it. Instances have occurred of patients, in the delirium which so frequently attends fever, getting out of bed, and even out of the window, during the absence of the nurse, and losing their lives from injury.

12.—Relapsing Fever (*Febris Recidiva*).

This disease—sometimes called *famine-fever*, and in Germany *Hunger-pest*—has recently appeared in England, after an absence of about fourteen years. In the latter part of 1870 it was very prevalent and fatal in Liverpool, Glasgow, and other places where overcrowding prevailed. In November, 1871, Relapsing-fever again made its appearance in Liverpool, and spread rapidly in the crowded and dirty parts of the town. It is contagious, and, as just intimated, visits chiefly, though not exclusively, those who are poorly fed, live in crowded, ill-

ventilated houses, and have but few comforts. It is less fatal than the fevers described in the two preceding Sections.

SYMPTOMS.—The seizure is sudden: there are rigors, headache, pains in the muscles and joints resembling those of Rheumatism; then follows a reaction, with high fever, and bilious symptoms; after which, in about a week from the commencement, profuse perspiration ensues, and all bad symptoms disappear for a few days, when a *relapse* occurs, and so the disease may continue for some time.

TREATMENT.—Dr. Kidd, who had much experience in treating the disease in Ireland during the epidemic of 1847, found *Bryonia* most useful. *Acon.*, *Gels.*, *Eup.-Per.*, *China*, *Podoph.*, etc., may be required; and *Phos.* or *Phos.-Ac.* during convalescence.

Simple nourishment should be supplied at the patient's pleasure; the measures pointed out in the paragraphs, pp. 68-76, should be carried out.

PROPHYLACTICS.—*Camph.* and *Nux Vom.*

13.—Simple Fever (*Febricula*).

Simple fever is the mildest form in which a feverish attack occurs, and as it generally disappears in from twelve to thirty-six hours, it is termed an ephemeral disease.

Symptoms.—A feverish attack usually commences in the afternoon or evening, with alternate chills and flushes, followed by heat and dryness of the skin; hard, full, quick pulse; dry, coated tongue; thirst; hurried, anxious breathing; and highly-coloured and scanty urine. Also, often, pain in the loins, headache, deranged bowels, and loss of appetite. As these symptoms may be precursors of serious diseases, they require prompt attention.

Causes.—Suppressed perspiration, exposure to damp or cold, sudden changes of temperature, wearing damp clothes; poor or insufficient diet; injuries, internal or external; fatigue, etc.; or it may be a modified variety of one of the forms of fever described in the preceding Sections.

Treatment.—*Aconitum* is found to be the chief remedy for all such symptoms as those

above indicated, when there is no toxæmia (*blood-poisoning*); and it will most effectually calm the arterial excitement; it has been termed *the Homœopathic Lancet*. Perspiration following its administration is the welcome indication of its beneficial action. A dose every two or three hours, or, in urgent cases, every half-hour or hour, till perspiration breaks out, when this remedy may be discontinued.

Camphor.—Sudden seizure of chilliness; shivering, with lassitude, and general indisposition which has come on rapidly. Two drops of the strong tincture on a small piece of loaf-sugar, or two or three pilules, repeated three times, at intervals of fifteen or twenty minutes, may precede *Aconitum*, or it may be alone sufficient if taken promptly at the onset.

If the fever does not quickly yield to *Acon.*, a homœopathic practitioner should be consulted.

Accessory Treatment.—For ephemeral attacks, cold water is generally the only beverage required. If the attack continues a day or two, a milk diet should be adopted.

14.—Ague—Intermittent Fever.

Intermittent fever is so named because the febrile symptoms return in paroxysms, between which they entirely pass off. It is not infectious.

Symptoms.—A paroxysm of Ague has three stages—the cold, the hot, and the perspiring. The *first stage* commences with chilliness and rigors, chattering of the teeth, aching of the back and limbs, oppression of the chest, yawning and sighing. The face and lips are pale, the features and skin contracted, the pulse frequent and small, the tongue white, and the urine scanty and frequently passed. In the *second stage*, flushings come on, until the entire body becomes hot, with thirst, bounding pulse, throbbing headache, and restlessness, the urine being still scanty, but high-coloured. At length, the *third or perspiring stage* succeeds, and the patient feels much relieved. Thirst diminishes, the pulse declines in frequency, and the appetite returns; at the same time there is a red deposit of *urates* in the urine. A paroxysm usually lasts about

six hours, allowing two hours for each stage. The period between the paroxysms, as already explained, is called the *intermission* but by an *interval* is meant the whole period or cycle between the beginning of one paroxysm and the beginning of the next.

PATHOLOGY.—It is supposed that in the cold stage the blood leaves the surface and the capillaries, and accumulates about the right side of the heart, the large veins and great venous organs of the interior, such as the liver, spleen, and the bases of the lungs; in the hot stage, the heart reacts and throws out the blood again to the surface, but with too great force; in the sweating stage the secretions are re-established and the proper balance between the large and small blood-vessels is restored.

TYPES.—There are three chief types of Ague. 1st.—The *Quotidian*, has a paroxysm daily, coming on in the morning from 7 to 9 a.m., and an interval of twenty-four hours. 2nd.—The *Tertian*, has a paroxysm every other day, coming on from 10 to 12 o'clock at noon, and an interval of forty-eight hours. 3rd.—The *Quartan*, has

a paroxysm every third day, coming on from 2 to 4 p.m., and an interval of seventy-two hours. The tertian is the most frequent, and has the most marked hot stage; but the quartan is the most obstinate, and chiefly occurs in the autumn. There is still another type, in which, though there is an attack every day, those only resemble each other which occur on alternate days.

Effects.—From the recurrence of internal congestions in each cold stage, the functions of the liver and bowels become disordered, the patient is sallow, his limbs waste, but his abdomen is distended, and his bowels constipated. The spleen is especially liable to be enlarged, sometimes to a great extent, so as to be felt externally. This condition is popularly called *ague-cake*.

Causes.—The exciting cause of ague is *Marsh Miasma*, which is probably the effluvia from decomposing vegetable matter, and is most rife when the land is *drying*, after having been previously soaked with water. It is, therefore, most frequent in the spring, and when the rains have fallen upon the decaying leaves in autumn. It

was formerly common in the fens of Cambridgeshire, Lincolnshire, etc.

LAWS.—Malaria obeys the following laws, which, practically, are worth noting. 1st.—It spreads in the course of *prevailing winds*. 2nd.—Its progress is arrested by *rivers* and running *streams*, and by *rows of trees*. 3.—It does not rise above the *low level*. 4.—It is most dangerous at *night*.

TREATMENT.—*Palliative* treatment is adopted during the paroxysms to mitigate the symptoms, and consists chiefly in imparting warmth during the cold stage; removing the patient's coverings, and giving cooling drinks during the hot; and supplying him with warm and dry linen when the perspiring stage has passed by. The *curative* is adopted during the intermission, and is of the greatest importance.

China.—Ague in marshy districts, with its regular stages; yellowish complexion, drowsiness, tender or swollen liver or spleen, and watery or bilious diarrhœa. A dose just before an expected paroxysm, and every four hours through the intermission.

Arsenicum.—Simultaneous or alternate heat and shivering, or internal shivering with external heat; burning heat, thirst, pains in the stomach, debility, and tendency to dropsical swellings; also when *Quinine* or *Bark* has been used in excess.

Ipecacuanha.—Nausea and vomiting, distressed breathing, watery diarrhœa, and other gastric symptoms.

Mercurius.—Symptoms of Jaundice or other liver complaint. *Sulphur.*—During intervals.

Accessory Measures.—If practicable, residence in a well-drained district, with a dry, bracing atmosphere. If compelled to remain in a malarious atmosphere, the patient should sleep in the loftiest rooms in the house, and not expose himself to night air. Air and light should be freely admitted during the middle of the day into the house, but night air carefully excluded. Light, nourishing diet may be taken, but the digestive organs not overtaxed. Fatigue and cold draughts of air must be avoided, and the clothing be sufficient to be comfortable.

15.—Cholera (*Cholera pestifera*).

DEFINITION.—This is an acute, miasmatic disease, charaterised by *purging* of profuse watery discharges, unmixed with bile; *vomiting; coldness* of the surface, tongue, and breath; *unquenchable thirst; suppressed urine;* collapse, and, unless reaction comes on, death.

In this much-dreaded disease, which resists the efforts of the old system, Homœopathy has won brilliant triumphs. Its success in the prevention and cure of Cholera,* and other violent diseases, has contributed greatly to its rapid spread in every part of the world.

TREATMENT.—If possible, Cholera should always be treated by a homœopathic practitioner, but the administration of *Camphor* should be commenced immediately the earliest symptoms are noticed. We shall only indicate a few of the remedies and measures which have been found most useful.

Camphor (Rubini's Strong Tincture) is one of the first and most important medicines to be ad-

* See Dr. Macloughlin's testimony, pp. 34–5.

ministered, under whatever form the disease presents itself. Its special indications are, *sudden* prostration, the body generally becoming cold; pains in the stomach and bowels; irregular pulse; cold sweat on the forehead; giddiness; noise in the ears; swelling of the abdomen from wind; and severe purging. Two to five drops of the strong tincture on a small piece of loaf-sugar, every five or ten minutes; as soon as the patient becomes warm, the doses may be given less frequently, and discontinued when full perspiration takes place. At the same time, the patient should be placed in a warm bed, have hot water bottles applied to the feet and abdomen, and be allowed to sip cold water, or suck ice.

Arsenicum.—Violent *burning* pains in the stomach; excessive thirst; suppresion of urine; clammy sweat; weak, tremulous pulse; cramps, and entire *prostration of strength.* It is the great remedy when the time for curing with *Camphor* has passed. Two-drop dose every hour.

Veratrum.—The chief indications for this remedy are *violent and continuous vomiting and*

purging; cramps in the legs; a shrivelled appearance of the skin; cold tongue; cadaverous and pinched appearance of the face. Two-drop dose every hour.

Cuprum.—Spasm or *cramp* in the calves or stomach, or *convulsions.*

PREVENTIVE MEASURES.—During the prevalence of Cholera, there are usually premonitory symptoms, such as general uneasiness, bitter taste in the mouth, fulness and pressure at the pit of the stomach, Cramps, slight diarrhœa, a rumbling in the bowels: these symptoms should be promptly checked. Much time may be saved, and life spared, by families providing themselves with a small case of homœopathic remedies, including a small bottle of *Arsenicum* and *Veratrum;* also a bottle of *Camphor,* which must be kept by itself.

The following advice is worth remembering:—"Should Cholera prevail, the means to avoid an attack are—to maintain cheerfulness of spirits (remembering that the disease is not contagious*); using a temperate but gene-

* The weight of testimony is very strong that Cholera is not communicable through contact, and that its only mode of diffusion is by the propagation of microscopic germs.

rous diet; avoiding suppers; keeping early hours; sleeping in the highest room in the house; and carrying a small bottle of strong camphorated spirit in the pocket for the use of others as well as yourself; and, if compelled to pass the neighbourhood of fœtid drains, ditches, or other suspected places, moistening the tongue with a drop of the camphorated spirit before inhaling the stench, it being known to Homœopaths that as *Camphor* is the antidote to most of their infinitesimal medicines, so it is an antidote to the Cholera poison suspended in the air, and inhaled into the lungs in infinitesimal quantity, provided the *Camphor* is applied before the poison has begun to operate on the blood."—*H. Kelsall, M.D.*

16.—Hooping-cough (*Pertussis*).

This is an epidemic and contagious disease, usually of a mild character in healthy children, but a distressing and sometimes a fatal malady in the delicate or scrofulous.

Symptoms.—It generally commences as a common cold, accompanied by hoarseness and a cough, which returns in fits at intervals. In about a week the cough returns at short intervals, in paroxysms of extreme severity, the child turning red or almost black in the face, and

appearing as if choking, during which the lungs are emptied of air to the last degree, and then a long sonorous inspiration, taken to refill them, constitutes the "hoop." This is the sign of safety. The attacks recur every two or three hours, or, in severe cases, oftener, and are worse at night. Sometimes blood escapes from the nose, mouth, and even from the ears. The fits pass off with the expectoration of glairy, ropy mucus, and sometimes sickness. If dentition be going on, Convulsions are not infrequent. Hooping-cough is sometimes complicated with Measles, Small-pox, Bronchitis, etc., which add to the difficulties of treatment.

CAUSE.—A specific unknown poison communicated through the atmosphere, which irritates the *pneumogastric* nerve.

TREATMENT. — *Ipecacuanha.* — In the early stages of the disease, especially after the use of *Acon.* or *Bell.*, when there is dry hard cough, which threatens suffocation; excessive *vomiting* of mucus; watery or bloody discharges from the eyes and nose. A dose every two or three hours, or shortly after every paroxysm.

Drosera.—In the hooping stage, when the cough is loud and hoarse, the paroxysms frequent and violent, causing perspiration and vomiting of food and mucus. A dose every four hours, or after every fit of coughing. *Drosera* is often sufficient in uncomplicated cases; but scrofulous children require professional treatment.

Veratrum.—*Great exhaustion, cold perspiration,* involuntary escape of urine during the cough; pains in the abdomen and groin; anxious expression.

Cuprum.—Paroxysms causing *Convulsions,* rigidity, and almost a suspension of the breath, followed by vomiting and extreme prostration.

Opium.—*Stupor,* irregular breathing, constipation. A few doses are often useful when other remedies do not produce the desired change.

Bryonia.—Bronchitic complications.

Phosphorus.—Inflammation of the lungs.

Cina.—Hooping-cough with worm symptoms. When there are indications of water in the head, in alternation with *Bell.*

Accessory Means.—In warm, fine weathe

the patient may remain in the open air during a portion of each day. Exposure to damp and draughts should be strictly avoided; also fits of anger, as they add to the violence and frequency of the paroxysms. Infants should be watched constantly, taken up as soon as a fit comes on, and placed in a favourable posture. In obstinate cases, change of air, if only for a short distance, will prove of great utility. *Frictions* with olive-oil, or with simple liniment, over the chest and along the spine, in a warmed room, are often palliative. A sulphur pastile should be burned twice a day.

DIET.—Light, digestible food only, in moderate quantities, and shortly after the fits. Cold water is the best beverage; but for variety the following may be given as required: barley-water, gum-water (p. 71), or toast-and-water, are grateful and somewhat nutritive.

17.—Mumps (*Parotitis*).

This complaint consists of inflammatory swelling of the salivary glands, especially those below the ears, frequently with pain, soreness, and

difficulty in moving the jaws. A curious circumstance connected with this disease is, that as the swelling of the neck and throat subsides, there is liability to swelling and tenderness of the testicles in the male, and the mammæ in the female, especially when the swelling subsides *suddenly*, as on exposure to cold, or from cold applications. It is contagious and painful, but not dangerous.

TREATMENT.—*Mercurius* is the first and chief remedy, and is generally sufficient to effect a cure. A dose three or four times daily.

Belladonna.—Severe pain, with a tendency to delirium; Mumps following Measles, or with an erysipelatous inflammation.

Pulsatilla.—Useful when the breasts or testicles are affected.

ACCESSORY MEANS.—Frequent hot fomentations, covering the parts in the interval with a flannel bandage. The patient should be protected from cold, damp, or excitement, as a liability to relapse remains for several weeks.

18.—Influenza (*Catarrhus Epidemicus*).

This is an epidemic catarrh, and is so called from the Italian word which means "influence," because it arises from some peculiar condition or contamination of the atmosphere. It most commonly attacks adults of feeble resisting power.

SYMPTOMS.—These differ but little from common cold, except that the *general debility is greater* and more persistent. There are chilliness, anxiety, heat, headache, pain of the back and limbs, cough, nausea, suffusion of the eyes, sneezing, and an acrid discharge from the nostrils, with great depression of strength.

TREATMENT.—*Camphor* or *Aconitum*, and, if afterwards necessary, *Arsenicum*, *Mercurius*, *Bryonia*, etc., according to the indications; see under "Cold in the Head." *Arsenicum* is generally a prominent remedy.

DIET AND REGIMEN.—Beef-tea and farinaceous food, with *repose in bed*, or confinement in a room of uniform temperature. During fever, loss of appetite, etc., toast-and-water or barley-water will be most suitable, adopting, as the fever abates, a generous diet.

19.—Erysipelas—St. Anthony's Fire (*Erysipelas*).

Idiopathic Erysipelas arises from constitutional causes, and commonly affects the face and neck; *traumatic* Erysipelas follows injuries, and may, consequently, occur on any part.

Symptoms.—Simple Erysipelas, the variety treated of here, is marked by a spreading, inflammatory redness of the skin, with puffy swelling, tenderness, burning, and a painful sensation of tingling and tension. The colour of the skin varies from a light-red to a dark-red or purplish colour, becoming white under pressure, but assuming its former appearance on the removal of that pressure. An attack is often ushered in with shivering, languor, headache, and sometimes nausea, vomiting, or diarrhœa.

Causes.—Debility, and loss of resisting power from disease; the habitual use of stimulants; exposure to cold; impaired digestion; wounds; badly ventilated or crowded apartments; and certain conditions of the atmosphere. A *recent wound* or *bruise* is a chief *exciting* cause; *neg*

of cleanliness, intemperance, unwholesome food, and *bad air,* are the *predisposing* causes.

TREATMENT.—*Aconitum.*—This is mostly required before the rash appears, but may be given, if indicated by febrile symptoms, at any stage, every three hours.

Belladonna.—Severe, bright-red, smooth eruption, with headache, thirst, constipation, thick urine, etc. *Bell.* may be alternated with *Acon.* in the early stages of the disease.

Rhus Tox.—*Vesicles* (little bladders), whether on the face or body, with swelling, shiny redness of the parts, and restlessness. A dose every second or third hour.

Cantharis.—Erysipelas with much irritation, burning, and serous exudation.*

Other remedies are *Verat.-Vir.* (delirium), *Apis* (rapid swelling), *Ars.*, *Carbo Veg.* (great prostration), *Puls.*, and *Sulph.*

ACCESSORY MEASURES.—In mild cases, no external application is required, unless fluid exudes, which may be absorbed by dusting

* See Illustrative Cases in the *H. World,* vol. vi., p. 149.

powdered starch or flour over the surface. In severe cases, warm fomentations, and afterwards flour or fine starch, should be sprinkled over the parts. When the eruption is obstinate, we have found a lotion of *Verat.-Vir.* successful. Incisions, poultices, and bandages may be necessary, should matter form.

DIET.—Gum-water, barley-water, or pure water to allay thirst. Bad and tedious cases require beef-tea, and good nourishment, at regular intervals; and subsequently, change of air.

CHAPTER II.

GENERAL DISEASES. *B*:—CONSTITUTIONAL DISEASES.

20.—Acute Rheumatism—Rheumatic Fever; and Chronic Rheumatism.

SYMPTOMS.—Acute Rheumatism sets in with general febrile disorder, followed by acute inflammation of the fibrous structures about one or more of the larger joints—the should-

elbow, knee, ankle, etc. The affected joints are swollen, tense, stiff, slightly reddened, very painful, and the pain is so increased by movement that a patient often says he has lost the use of the limb. The skin is hot, tawny in colour, but covered with a sour sweat, having an offensive odour; the pulse is round and full; the tongue furred; the urine highly coloured and turbid when cool, and the bowels generally confined. Palpitation, and continued pain in the heart, are unfavourable symptoms. The inflammation is liable to metastasis from one joint to another, or to other fibrous structures, as the *pericardium*, the valves of the heart, etc. (See also under "Gout.")

Muscular Rheumatism includes—*Lumbago* (see the next Section); *Pleurodynia* or *False Pleurisy*—rheumatism of the muscles of the chest; *Crick-in-the-neck*—when the cervical muscles are affected; etc. The treatment, however, is nearly the same in the different varieties.

Causes.—Exposure to cold and wet; sudden suppression of perspiration; and especially *evaporation* from wet clothes, causing chill, induce

an altered condition of the blood which produces pain. It occurs most frequently in young persons, from twenty to thirty years of age, or younger. Joints which have been sprained, long and excessively exercised, or otherwise impaired, are particularly prone to suffer.

TREATMENT.—*Aconitum.*—Acute Rheumatism, chiefly at the commencement; violent shooting or tearing pains, aggravated by touch; swelling and redness of the affected parts; impaired appetite; high-coloured, scanty urine, and other febrile symptoms. A dose every second or third hour.

Bryonia.—Lancinating or stitching muscular pains, *worse on movement or touch;* Rheumatism affecting the joints and muscles of the chest, with catching or painful breathing (*False Pleurisy*).

Rhus Tox.—*Pains worse during rest,* the patient constantly turning about for ease, yet finding little; deep, tearing, or bruised pains; Rheumatism from getting wet, aggravated by damp or cold weather.

Mercurius.—Puffy swelling of the affected

parts; the pains seem to be in the bones, and are worse with warmth and at night; *profuse perspiration* without relief.

Pulsatilla.—*Wandering Rheumatism;* Rheumatism relieved by *cold;* sensation of torpor in the limbs; pale face; diarrhœa, etc.

Sulphur.—Rheumatism in scrofulous patients; and after other remedies to complete the cure; also as an intercurrent remedy in obstinate cases.

Accessory Means.—During the fever, the patient should remain in bed, and the diet be restricted to free draughts of water, milk-and-water, barley-water, gruel, etc. Oranges, grapes, lemons, may be given, but apples, pears, and stone-fruit should be withheld. Warm-baths, or hot compresses, are both useful and comforting. *Wet-packing* of the whole body (pp. 76-80), or of the affected parts, according to circumstances, is a most useful adjunct. When the heart suffers, a hot linseed meal poultice, or hot flannels, should be frequently renewed over the region.

Chronic Rheumatism. — Chronic Rheum-

atism requires similar remedies to the acute form: *Bry.*, *Arn.*, *Cimic.*, *Phyto.*, *Merc.*, and *Rhus Tox.* being the chief. Persons liable to Rheumatism should wear flannel and warm clothing generally, and avoid damp and cold. Warm-, salt-, vapour-, or hot-air baths are useful. After the use of warm bathing, cold should be gradually tried, as it tends to prevent subsequent attacks. Turkish-baths, judiciously taken, are often efficacious. Frictions, with *Arnica* or *Rhus* Liniments, are beneficial in local and limited forms of Rheumatism. Errors in diet should be guarded against, as attacks are very likely to follow derangement of the digestive organs.

21.—Lumbago*—Pains in the Loins.

Rheumatism of the muscles of the back, on one or both sides of the loins, the pain being increased by movement of the back.

Aconitum.—Sudden and acute cases, especially in alternation with *Rhus Tox.*

Rhus Tox.—Chronic Lumbago; pains worse

* See under "Rheumatism," page 128.

during repose, and at night; and when the disease has arisen from getting wet.

Bryonia.—Intense pains, causing the patient to walk stooping, increased by movement or a draught of air, with shivering or biliousness.

Liniments medicated with *Rhus* or *Arn.*, rubbed into the affected parts, are often very useful.

22.—Gout (*Podagra*).

The ancient name of this blood disease—*podagra*, foot-pain—indicates the parts usually first affected.

CAUSES.—Gout generally occurs in elderly persons who live luxuriously, and suffer much from heartburn, and other symptoms of *acid dyspepsia.*

Distinctions between Gout and Rheumatism.

1. Gout rarely occurs till about or *after the middle period of life;* Rheumatism attacks the *young.*

2. Gout chiefly affects the *small joints*—the metatarsal joint of the great toe for instance; Rheumatism the *large joints.*

3. Gout is often associated with chalk-stones (*urate of soda*); Rheumatism is not.

4. Gout is decidedly *hereditary;* Rheumatism is less so.

5. Gout is not attended with *profuse acid sweats;* Rheumatism is.

6. Gout is often the punishment of the *luxurious and indolent;* Rheumatism is rather the lot of the *hard-working* and the *exposed.*

TREATMENT.—*Aconitum.*— Fever symptoms, especially at the commencement, and in plethoric patients.

Nux Vomica. — Attacks traceable to stimulants or luxurious living, with indigestion or irregular action of the bowels.

Bryonia.—Gout implicating the chest, or with bilious symptoms; pains increased by movement.

Colch., Ant.-Crud., Led., Lyc., etc. *Acetic Acid* has also been recommended.*

ACCESSORY MEANS.— Flannels, or *spongiopiline*, after immersion in hot water, often give relief. The affected limb should be raised.

* See *H. World*, vol. iv., p. 74-5.

PREVENTIVE TREATMENT.—The patient should be well nourished, but the consumption of animal food diminished, and the tendency to acidity guarded against by avoiding indigestible, saccharine, highly-seasoned, or greasy food, twice-cooked meat, raw vegetables, and stimulants. Moderate and regular exercise should be taken in the open-air, and the sponge-bath every morning. Perspiration should be encouraged, with care that it is not checked by chill.

23.—Phthisis Pulmonalis—Scrofulous Consumption.

In cases of *Phthisis* (from *thio*, to consume), there are deposited in the lungs certain morbid bodies called *tubercles*, in which the processes of suppuration and ulceration are set up. Although no period of life is exempt, Phthisis is most frequent in the course of youth, especially from the eighteenth to the twenty-second year, and, of all the diseases that claim our attention, is the one that proves the most destructive of human life. When once fully developed, it is generally supposed to be incurable: but in the early stages

of the disease, while the tubercles are yet small, and but slight irritation has been set up, our preventive and remedial measures may be employed with much hope of success.

SYMPTOMS.—The *early* symptoms of Consumption are obscure, and consist chiefly of—cough; shortness of breath on moderate exertion; wandering, irregular pains, and constriction about the chest; excessive sensitiveness of the lungs to cold air; *impaired digestion; debility* and loss of flesh without any assignable cause; hæmoptysis; *flushing of the cheeks*, and *quickening of the pulse* in the evening, followed by disturbed sleep, and *early-morning perspirations*.

Spitting or coughing up of blood often takes place, and usually gives the first intimation of the real nature of the malady; its occurrence before or soon after the setting in of a cough always indicates danger. As the disease advances, breathing becomes very distressing, the sputa more purulent, and exhaustion and emaciation, from impairment of the digestive functions, are now confirmed and progressive symptoms. From thickening or ulceration of the

respiratory mucous membrane, huskiness or loss of voice is produced. Other organs often become implicated, especially the intestinal canal, in which a deposit of tubercles takes place, producing diarrhœa. The skin covering the parts on which the patient lies is apt to become sore and inflamed, and even to perish from the pressure of the attenuated body. *Aphthæ* of the mouth, pharynx, etc., or œdema of the feet, ankles, and even legs, ensues, and the long and weary struggle is at last terminated by the gentle approach of death.

The *physical signs* observed by *auscultation* and *percussion* tend to remove that uncertainty which formerly prevailed on the subject; but as these signs can only be appreciated and interpreted by a medical man, they are not further referred to in this work. All doubtful cases should be *early* submitted to professional homœopathic treatment.

Causes.—Tubercular Phthisis is generally hereditary; it may arise in early life from an enfeebled condition of the system induced by a confined and impure atmosphere, unhealthy or

too prolonged occupations, innutritious food, anxiety, etc., to which an hereditary predisposition and the scrofulous constitution powerfully contribute.

TREATMENT.—Where tubercles exist in the lungs, either in a latent or partially-developed state, we strongly recommend the following measures:—

1st.—*Highly-nutritious and easily-digestible food.* The diet should be nourishing, digestible, and sufficiently abundant, including animal food one or twice daily, or occasionally, fish, stale home-made or brown bread, farinaceous puddings, green vegetables, mealy potatoes, milk, lightly-boiled eggs, etc. Condiments, pastry, and all articles of food that occasion nausea, eructations, or other symptoms of indigestion, are to be avoided. The diet should include *Cod-liver Oil*, in small quantities. The continued use of oil, judiciously given, controls the expectoration and night sweats, soothes the cough, and checks emaciation.

COD-LIVER OIL.—Cod-liver oil is an agent of great value in the treatment of many constitu-

tional diseases, especially for the one under consideration. That kind of oil should be chosen which the patient finds most easy of digestion. A tea-spoonful, one or twice daily, taken before, after, or between meals, as may prove most agreeable, is generally sufficient, especially at the commencement; and, by slightly warming the oil, or taking after it a lump of sugar on which a drop of some essential oil has been placed; or some coffee, or orange wine, etc., the unpalatableness may be in great measure removed. How much this oil has gained favour with the public since 1841, appears from the fact that a well-known Edinburgh druggist now dispenses between six and seven hundred gallons annually, as compared with one gallon sold in the former year. Inunction over the chest and between the shoulders is also generally beneficial.

2nd. *Daily exercise in the open-air*, employed in such a manner as to bring all the muscles—especially those of the chest and upper extremities—into moderate and agreeable action, and with the body in an *erect posture*, as in walking.

Riding on horseback is also favourable, as affording a large amount of fresh air, the exercise not exciting great difficulty of breathing. In unfavourable weather, some of the well-contrived apparatus for arm and back exercise, especially that of the cross-bar, should be used in the house, with open windows.

3rd.—*Bathing*, followed by vigorous friction, by means of a *Bath-sheet*, is an important measure, and, except in confirmed Consumption, is generally beneficial. The water may be applied in the form of baths, sponging, or wet sheets, and may even include *sea-bathing*. Weak children or delicate patients may use tepid water, and gradually reduce the temperature. When admissible, the best plan is rapidly to plunge a child in water, which obviates the exposure consequent on sponging, and ensures a quick and complete reaction. A healthy action of the skin will thus be promoted, and the general circulation equalised. But cold bathing is injurious when the surface is rendered cold and ale, and the patient is left languid and de-

jected. In such a case warm salt baths should be first used.

4th.—*Residence* in a moderately warm climate. Warm air soothes the trachea and bronchial tubes, and the external warmth tends to keep the blood to the surface of the body, and so obviates congestion of the lungs; and further, the warm air being rarefied, less oxygen is inspired, and less carbonic acid given off, so that less vigorous breathing is required; and, also, the liver, in the warmer climates, seems to take on some of the offices of the lungs. The climate, however, must be *dry*, as damp is prejudicial. The writer is strongly convinced that entire change of climate, if adopted before the disease has produced irreparable changes in the lungs, is the most effective and permanent remedy. The climate of Victoria in Australia, or Cape Colony in South Africa,* is probably the best to which a patient of consumptive tendency can be sent. The following remarks of a correspon-

* See Dr. Kranz's papers in the *H. World*, vols. iv. and v.

dent in the *Lancet* of August 6th, 1864, are worth consideration;—

"Information reaches me daily, showing that some men, wiser and bolder than their fellows, cross the equator to exchange the sick-room for health and fortune. There are hundreds of Englishmen, many in fair circumstances, or practising useful and lucrative handicrafts, who, but for our inclement sky, would be healthy, useful members of society. I refer especially to cases of chronic Bronchitis and Rheumatism, some forms of Bright's disease, of severe Dyspepsia; and, lastly, to milder or well-selected varieties of that manifold plague, Consumption.

"On the other hand, our Australian colony at least appreciates the mutual advantage likely to accrue from such emigrants. Men of this class, in return for change of climate, would bring to their adopted home capital and intelligence, added to sobriety and self-restraint, such as the solemn warning of threatened disease rarely fails to inculcate."

5th.—Lastly, *all excesses* are to be avoided, whether in the pleasures of the table, wine or liquors, business, intellectual pursuits, or in the gratification of any passion which over-stimulates and fatigues the mind or body.

By the early and persevering adoption of these suggestions, and the administration of

homœopathic remedies, much might be done towards the prevention of Consumption, as well as for the restoration to comparative health of tuberculous persons.

We have often administered our remedies with marked and permanent benefit to consumptive patients, but do not prescribe any of them here, as the treatment should always be conducted by a physician. Experience in the treatment of a large number of private and dispensary patients enables us to encourage hope even in grave and complicated cases. In the early stages of the disease, a cure can often be effected; even when considerably advanced, life may be prolonged for many years; and in the last stages of the disease, the patient's sufferings may be mitigated to a marked degree.*

MALTINE. — What is *Maltine?* It is a highly concentrated extract of malted barley, malted wheat, and malted oats, prepared by "The Maltine Manufacturing Company, Limited." According to the

* This disease is treated of more fully in a separate little work "On Consumption and Tuberculosis of the Lungs." See book notices at the end of this Manual.

best authorities, the value of any extract of malt depends on four chief materials. First, starch-digesting material known as diastase; second, flesh-forming material; third, bone-forming material; fourth, heat-producing material. The function of disastase is to aid the stomach to do its natural work of converting bread, potato, pastry, puddings, and other farinaceous food, into a fluid substance readily absorbed by the human system. In short, it assists any weakened stomach to *digest* these and all other farinaceous or starchy foods. The three other chief materials of malt-extract contribute directly to the nourishment and well-being of the system. We esteem "Maltine" specially on two grounds: first, because it is a non-alcoholic, and secondly, because it is a vegetable product. It is really a convenient form of administering the all-important digestive *Diastase*, and that without alcohol or any other objectionable substance. Not that we would condemn alcohol under all circumstances, but we think it a serious responsibility to order it to young girls and children, and above all to the suckling mother. To those who cannot digest their farinaceous food without beer we commend this elegant and excellent preparation as a substitute for it.—*See Advertisement at the end of this Manual.*

CHAPTER III.

DISEASES OF THE NERVOUS SYSTEM.*

24.—Epilepsy (*Epilepsia*)—Falling-Sickness.

SYMPTOMS.—Epilepsy means literally a *seizure;* for often in a moment the patient falls to the

* From statistical returns of the Registrar-General of births, marriages, and deaths, in England and Wales, we learn that nervous diseases—Congestion of the Brain, Apoplexy, Paralysis, Epilepsy, etc.—have rapidly increased of late years, being as three to one when compared with earlier, more simple, and less competitive times. This augmented brain affection is no doubt the result of the overtaxed energies and feverish excitement in which great numbers live, and of the large amount of stimulants taken to sustain that excitement.

Hence it is our honest conviction that if the suggestions contained in the present work be faithfully observed, they will lead to the moulding afresh of our commercial and social habits; and that daily exercise and *recreation* in the open-air, true temperance, a less selfish and anxious pursuit of wealth, and a knowledge of the chief causes of disease, would materially reduce the present superfluous physical and mental wear and tear, and conduce to a more healthy, because a more natural, mode

ground, with sudden and complete loss of consciousness, struggling, and foaming; the eyes roll spasmodically, the teeth are clenched, the tongue is often bitten, the breathing is laboured, and the face purplish and swollen. Sometimes a fit is preceded by depression of spirits, a

of life. The more complete application of the early-closing and weekly half-holiday movements to all departments of business, benefiting alike the employer and the employed, would also greatly contribute to the diminution of diseases of the head. Having regard to the health as well as the happiness of the industrious classes, we strongly urge all employers to pay wages on Friday, and to give the weekly half-holiday on Saturday, our plea being strengthened by the experience of years, that work is better done when it is not excessive or unrelieved by recreation. Rest and out-of-door amusements are to the human frame what oil is to the wheels of the iron machine. To the whole community, then, we commend the rule, NEVER SHOP AFTER TWELVE ON SATURDAY, and thus help to secure for the city clerk, the busy shopman, and the toiling artisan, relief from his duties at noon on Saturday, to enjoy, amidst the scenes of nature, or in the bosom of his family, the unbending of his back and the unwrinkling of his brow, and ensuring from lighter hearts and invigorated bodies, greater diligence and better work.

gloomy mood, drowsiness, or the *Aura epileptica*, a peculiar sensation, compared to a stream of warm or cold air, the trickling of water, or the creeping of an insect. It is followed by deep sleep, from which the patient awakes with headache and sense of weariness.

CAUSES.—Hereditary tendency; injuries or malformation of the head; local irritation; derangement of the nervous or sexual system; self-abuse; fright, or fits of rage; the irritation of worms; the sight of other Epileptics; etc. The evidence of hereditary tendency exists in the fact that two or more cases of Epilepsy frequently occur in the same family, far more frequently than it would do if it were a mere coincidence. Still, evidence of a local irritation as a cause should be sought after, so that it may, if possible, be removed.

TREATMENT DURING A FIT.—Tight articles of clothing must be loosened, particular care being taken that there shall be no pressure on the vessels of the neck; the patient should be placed in a cool, airy place; the head and trunk slightly raised; a cork or linen pad placed between the

teeth to prevent the tongue, which should be pushed back, from being bitten; and the patient withheld as much as possible from injuring himself, without restraining him beyond what is absolutely necessary. Dashing the face with cold water, the application of smelling-salts to the nose, are of no advantage; the fit had better take its course. After it is over, the patient should be allowed to sleep.

TREATMENT BETWEEN FITS.—*Belladonna.*—Great irritability of the nervous system, the patient starting at the least noise; convulsive movement of the muscles of the mouth, face, and limbs; dilated pupils, fixed or convulsed eyes, intolerance of light; stammering; congestion of blood to the head; and when an attack commences with a sensation of crawling in the upper extremities.

Ignatia.—Nervous, sensitive patients; when anxiety or grief has been an exciting cause, and there are deep sighs between or before attacks.

Nux Vomica.—Indigestion; irregular action of the bowels; great irritability between the fits and the patient takes too little open-air exerci

Opium.—Fits traceable to *fright;* deep, lethargic sleep between the paroxysms; fulness of blood.

Chamomilla.—From gastric derangements in children; an attack is preceded by colicky pains, and followed by stretching of the limbs, clenching of the thumbs, sour vomitings, paleness of one cheek and redness of the other. But true brain symptoms point to *Bell.*

Phosphorus.—Epilepsy associated with, or consequent on, Self-abuse.

Cina.—From the irritation of worms.

Sulphur.—Epilepsy following a suppressed eruption or discharge; chronic cases; also as an intercurrent remedy.

Ars., *Calc.*, *Cup.*, *Zinc.*, *Kali Brom.*, or other remedies are required in some inveterate cases.

Administration.—For the premonitory symptoms, a dose every one, two, or three hours; during the intervals, twice or thrice daily.

Accessory Means.—Regular exercise and amusements, but not carried to the point of fatigue; plain, nourishing food, in moderate quantities; cold ablutions every morning. Pa-

tients with a tendency to plethora or congestion should wholly abstain from stimulants. Bodily and mental fatigue, violent emotions, excesses of every kind, more especially sexual, must be strictly avoided.

25.—Infantile Convulsions.

SYMPTOMS.—Unconsciousness, rolling of the eyes, grinding of the teeth, clenched hands, contortions or stiffness of body and limbs; sometimes the face is purplish, and the breathing laboured. The attacks terminate with trembling, chilliness, paleness of the face, and evacuation of the bladder and bowels, etc.

CAUSES.—Irritation of the brain from pressure of a tooth upon an inflamed gum, or anything which over-excites the nervous system; disease of the brain; an insufficient supply of blood to the brain, as in badly-fed children, or an impure supply of blood, as in the eruptive fevers; the irritation of worms; fright; in suckling infants, powerful emotions of the mother; indigestion. The remote causes are, hereditary predisposition, too early or too late marriages; et

TREATMENT.—The clothing about the neck, chest, and body, should be loosened, the head raised, the face sprinkled with water, and plenty of fresh air admitted. A warm bath (pp. 76-7), for about ten minutes, maintained at 98° by additions of hot water, is generally advisable; at the same time cold water should be gently poured on the head for one or two minutes, or a towel squeezed out of cold water applied to the head; the child should be quickly dried, and wrapped in warm flannel or blanket; then put to bed. A medical man should be summoned if possible.

Belladonna.—Convulsions with determination of blood to, or inflammation of, the brain; *hot or flushed face;* dilated pupils, etc. *Bell.* is especially useful in stout children, and should be given early, and repeated every fifteen minutes for several times. A drop of the tincture in a teaspooonful of water, or one or two crushed pilules on the tongue.

Gelseminum.—When there is spasm of the throat, threatening suffocation, and general convulsions. When the brain is the seat of the

affection, and *Bell.* does not relieve, *Gels.* may be tried.

Chamomilla.—Spasmodic twitching of the eyelids and muscles of the face, one cheek red and the other pale; clenched thumbs. It is most suitable for *irritable* children, and in fits from disorders of the digestive functions. Idiopathic brain symptoms require *Bell.*

Opium.—Convulsions from *fright*, followed by *stupor*, laboured breathing, confined bowels.

Cuprum.—Red, bloated face; shrieking before an attack; *convulsive* movements, the paroxysm resembling an epileptic seizure, but the brain symptoms are less active than those that indicate *Bell.*

Aconitum.—*Fever*—restlessness, flushed face —and when convulsions are *threatened.*

Accessory Treatment.—Diarrhœa during dentition, unless excessive, should not be interfered with. It may be regarded as an effort of nature to relieve congestion of the brain. "Keeping the head cool, and the feet warm," washing the patient in cold water daily, and allowing him to be much in the open-air, tend to prev

determination to the head. Purgatives are to be avoided, and the bowels regulated by suitable diet, or by homœopathic treatment. Costiveness in infancy is due to errors in diet; if obstinate, or if worms be present, injections of water may be used. The mother or nurse should abstain from all indigestible food. For children brought up by hand, we strongly recommend *Neave's Farinaceous Food*, referred to in the article on "Thrush." If prepared according to the directions, it constitutes, in our experience, the most valuable diet for infants.

26.—Spasmodic Croup—Child-Crowing (*Laryngismus Stridulus*).

This affection is distinct from Croup proper, described further on, for it is a purely nervous disease, inducing *Spasm of the glottis*. It occurs at the youngest age, before the end of the first dentition.

Symptoms.—It comes on suddenly, usually in the night, with a spasm of the muscles of the throat, so that the child struggles to get his

breath, with a choking-noise, and becomes livid in the lips. It generally occurs during dentition or from irritation of the stomach and bowels, occasioned by improper food or worms. Under proper treatment, the attack usually soon passes off, but sometimes it is premonitory of disease of the brain. It is distinguished from *true Croup* by the absence of barking cough, feverishness, anxiety of countenance, and distress between the attacks.

TREATMENT.—*Aconitum*, in alternation with *Spongia*, should be given every few minutes till improvement ensues.

*Gelseminum** is an excellent remedy when the above do not meet the case.

Administration.—The remedy may be given in drop-doses in half a teaspoonful of water every ten minutes for three or four times After the attack is passed, the medicine should be given three or four times a day, for two or three days, to prevent subsequent attacks.

* Some striking cases of Spasm of the glottis, cured by this remedy, are recorded in the *H. World*, vol v., pp. 62-3.

ACCESSORY MEANS.—Fomentation to the throat, by means of a sponge wrung out of hot water; the warm bath (pp. 76-7); and the removal of any known exciting cause.

27.—Headache.

Headache may be merely an incidental symptom of a general disease, such as Indigestion, common cold, Typhus, deranged menstruation, Congestion or Inflammation of the brain, etc.; or it may be a more or less local affection, resulting from some irritation of the cerebral nerves. The treatment of chronic headache should be regulated according to its cause, and be under the care of a homœopathic physician. Headache from Congestion or Inflammation especially requires professional treatment.

TREATMENT.—*Belladonna.*—Throbbing, tearing pains, shooting from one point to another; fulness, pressure, and heaviness above the eyes, aggravated by noise, light, or mental efforts; *congestion* to the head, with redness of the face, glistening of the eyes, and excessive sensitive-

ness. A dose every hour until relieved; afterwards less frequently. *Bell.* is often useful after, or alternately with, *Acon.*

Aconitum.—Heat in the head from excitement, and aggravated by motion, with a sense of coldness in the rest of the body; cold water to the head gives relief; also in *headache*, with sickness, vomiting of bile, etc. In rheumatic, bilious, and apoplectic headaches, the strong tincture of the root is recommended. A dose every half-hour or hour; but less frequently when the symptoms are modified.

Iris.—*Sick-headache*, with much vomiting of bile, pain in the forehead and right side of the head, aggravated by movement.

Nux Vomica.—Headache from intoxicating drinks, sedentary habits, too close attention to business; stupefying headache with giddiness and heaviness in the morning after unrefreshing sleep, or after meals, with other symptoms of Indigestion. It is well indicated by a dark, bilious complexion, irritable disposition, and irregular action of the bowels. Headache caused by alcoholic beverages may require the strong tincture.

Pulsatilla.—From rich food, with acidity, heaviness of the head, pain on one side of it, shooting into the ears, paleness, fretfulness, and shiverings. Also in women from suppressed period.

Bryonia.—From cold, most troublesome in the morning, or after a meal; digging or tearing pains, and a feeling as if the contents of the head would protrude on stooping. *Rheumatic headache;* headache during hot weather; also with bleeding of the nose, or *torpor* of the bowels.

Opium.—Headache with *stupor*, heaviness, a wandering expression, sluggish action of the bowels, and after a *fright.*

Ignatia.—With Hysteria, or from *grief.*

Chamomilla, Coffæa, Mercurius, Glonoine, etc., are additional remedies sometimes required.

PREVENTIVE TREATMENT.—An attack of headache may sometimes be warded off by a dose or two of *Nux Vomica* (if from Indigestion), or of *Aconitum* (if from Catarrh), if taken immediately the first symptoms are observed.

ACCESSORY MEANS.—The hands and feet should be plunged in hot water for ten minutes; the temples bathed with vinegar and spirits of

wine in equal parts; food should be abstained from for a time to give the stomach rest and quiet the nerves, if the headache be brought on by dietetic errors; simple nourishing food should be taken frequently, if the headache be nervous.

GENERAL TREATMENT.—The cause should, if possible, be ascertained and removed. In cases of difficulty, an observant physician can generally detect the cause, and, almost as often, point out the cure. Highly stimulating food and drink, especially spirits, strong tea, and coffee, should be avoided; there should also be regularity of meals, adaptation of clothing to the changes of the seasons, a healthy action of the bowels, and a sufficient amount of daily open-air recreation.

28.—Sick-Headache.

This, the headache of Indigestion, is often erroneously called *Bilious Headache*.

SYMPTOMS.—Giddiness, dizziness, swimming in the head, sickness, etc. The headache is stupefying or agonising, generally commences in the morning, and is often confined to one spot

on the side of the head, on the forehead, or over the eye.

CAUSES.—Errors of diet; indulgence in wine; sedentary habits; or it may occur in a person whose digestion has been previously impaired without any immediate dietetic infraction.

TREATMENT.—*Bry.*, *Ipec.*, *Iris*, *Puls.*, *Nux Vom.*, *Merc.*, or *Bell.*—See the preceding Section, and also that on "Indigestion."

CHAPTER IV.

DISEASES OF THE EYES, EARS, AND NOSE.*

29.—Inflammation of the Eyes (*Ophthalmia*).

Ophthalmia is a general term for inflammation of the mucous membrane which lines the eyelids and the front part of the eye-ball. There are several varieties, such as *Catarrhal Ophthalmia*, from cold; *Strumous Ophthalmia*, from

* For many important diseases affecting these organs, not even mentioned in this small Manual, the reader is referred to *The Vade Mecum of Modern Medicine and Surgery*, or to the fuller work, "*The Text-Book.*"

a strumous (*scrofulous*) habit, marked by extreme intolerance of light; *Purulent Ophthalmia*, of several varieties, and from different causes; *Gonorrhœal Ophthalmia*, from direct contact of gonorrhœal matter.

SYMPTOMS.—Soreness in the ball of the eye, sensation as of sand under the lids, redness of the eyes, with swelling of the vessels, itching and shooting pains, pustules and scales on the lids; the pains increase in the evening, and on exposure to cold, and there is agglutination in the morning.

TREATMENT.—*Belladonna.*—Pain, redness, and swelling; *throbbing* in the temples; *flushed* cheeks, glistening eyes, and *intolerance of light*. *Bell.* is often useful after *Acon.*, or in alternation with it.

Calcarea Carbonica.—Chronic Ophthalmia, in *scrofulous, debilitated* children; secretion of mucus, causing the lids to stick together in the morning.

Hepar Sulphur.—Chronic scrofulous Ophthalmia, especially if much *calomel* has been administered. It is generally most beneficial

after the acute symptoms have yielded to such remedies as *Acon.* and *Bell.*

Sulphur.—Frequent *relapses* in scrofulous persons; or it may follow other remedies after the more urgent symptoms have subsided.

Arnica.—Inflammation from external *injuries.* It may be used both internally and externally.

Accessory Measures.—If inflammation has been caused by sand, dust, lime, flies, or hairs of the lids, the irritating body should be immediately removed; and if the inflammation be considerable, a shade should be worn. Strong light, wind, and cold air should be avoided. To prevent the eyelids from being cemented together in the morning, the margins of the lids should be gently smeared with a little olive-oil by means of a camel's hair brush, or with simple cerate, at bed-time. Except the *Calendula-lotion*, the only further local application admissible in domestic practice is a piece of lint, wetted with tepid or cold water. Patients in crowded and unhealthy towns should remove for a time to the country, where they may take daily out-of-door exercise in a pure and bracing air. The

food should be plain and nourishing, the habits early and regular, and frequent bathing should be practised. Chronic, especially strumous, Ophthalmia, requires *Cod-liver oil.* Persons predisposed to Ophthalmia should guard against exposures during *easterly* and *north-easterly* winds.

30.—Stye on the Eyelids (*Hordeolum*).

The stye is a little boil projecting from the margin of the eyelids, causing pain, till relieved by the escape of matter.

TREATMENT.—*Pulsatilla* is the chief remedy, and the first to be used, unless considerable inflammation exists, when it may be preceded by one or two doses of *Acon.* But *Puls.* will not prevent a tendency to its return.

Sulphur.—To remove the tendency to *recur.*

Silicea and *Calcarea.*—*Scrofulous* patients, predisposed to Styes; the remedies may be administered each for a week or ten days in succession, allowing an interval of two or three days between: afterwards, if necessary, the course may be repeated.

Administration.—In acute cases, every three hours; in chronic, morning and night.

Auxiliary Treatment.—Fomentations of tepid water; if pus form, a bread-and-water poultice at night. The eyes should rest, and be protected from a strong light, especially from gaslight.

31.—Inflammation of the Ears (*Otitis*) —Earache (*Otalgia*).

Symptoms.—Sudden pain, sometimes so acute as to cause delirium; tenderness and soreness; unnatural noises; deafness, or morbid sensibility to sound; more or less redness and swelling of the ear passage; flushing of the face on the affected side, etc.

Causes.—*Cold currents;* imperfectly drying the ear after washing; injudicious bathing; probing or syringing an inflamed ear. Inflammatory affections of the ear often follow the eruptive fevers in strumous children.

Treatment.—*Aconitum.*—Recent inflammation *from cold.*

Belladonna.—Tearing pains in the head, with tendency to *delirium.*

Pulsatilla.—Sticking or tearing pains in and behind the ear, swelling and a feeling as if the ear were closed. It is specially suited to the *Earache of children*, and after the inflammatory symptoms have been controlled by the former remedies.

Chamomilla.—Earache from cold or *suppressed perspiration;* stabbing, tearing pains in the ears; extreme *sensitiveness, and irritability.*

Mercurius.—Pains in the ear extending to the cheeks and teeth; discharge; *swelling of the glands*, etc.

Sulphur.—After the use of other remedies, as an intermediate one, or *to complete the cure.*

Dose and Administration.—See pp. 66-7.

Accessory Means.—Hot fomentations, poultices, or the steam of hot water, to mitigate the pain. Cotton wool should be put in the ear for a short time afterwards to avert cold.

32.—Discharge from the Ears (*Otorrhœa*).

This disease is commonly met with in scrofulous children, and if not soon amenable to the remedies, should be treated professionally.

TREATMENT.—*Mercurius.*—Thick, bloody, or *fœtid discharge;* tearing pains in the side of the head or face; *swelling and tenderness of the glands* about the ear; also when the complaint follows Scarlatina, Measles, Small-pox, etc. A dose thrice daily.

Hepar Sulphur is preferable if the patient has been dosed with *Mercury.*

Pulsatilla.—*Simple discharge* from the ear, with deafness, in non-scrofulous children.

Calcarea.—Tedious cases in *strumous* children.

Arsenicum.—Excoriating discharge in *feeble* patients.

ACCESSORY MEASURES.—*Change* of air is often necessary; *country air*, in a dry, salubrious district, or, in the autumnal months, *sea-air*, is generally of marked utility. *Cod-liver oil* (pp. 137-8) is also strongly recommended.

33.—Deafness (*Surditas*).

CAUSES.—Deafness is generally a symptom of some other disorder, such as inflammation of the ears, severe cold, glandular enlargement or chronic disease of the ear. It may also be occasioned by loud noises, or by the accumulation of ear-wax or other substances lodged in the ear-passage.

TREATMENT.—Deafness of recent date may generally be quickly cured by Skilful homœopathic treatment; long-standing cases are often obstinate.

Pulsatilla.—Recent deafness from cold, with noises in the ears.

Mercurius.—*Catarrhal deafness*, with swollen glands of the neck and throat; suddenly suppressed discharge from the nose and ears; roaring and buzzing sounds in the head. Also deafness after Small-pox.

Phosphorus.—Deafness of *nervous patients*, or following any nervous disorder.

Calcarea Carbonica.—Sensation as of obstruction in the ears; humming noise; throbbing; *dryness of the ear, or discharge.*

Nux Vomica.—Buzzing, tingling, or whistling noises, particularly whilst eating, with *disordered digestion.*

Administration.—In recent cases, a dose every four hours; in chronic, twice daily.

Accessory Means.—Hard ear-wax, or any foreign substance, causing deafness, should be early removed by skilful hands, after first gently syringing the ear with warm water. All nostrums, to be dropped into the ear, should be eschewed.

34.—Bleeding from the Nose (*Epistaxis*).

Bleeding from the nose is of frequent occurrence in children; a fit of sneezing or coughing, a slight blow, severe exercise, or even the heat of summer, often serving as the exciting cause. Bleeding from the nose also occurs in the course of many diseases, or at their termination, and often affords considerable relief. It should not be interfered with unless it is excessive, recurs too frequently, or takes place under a weak state of the system. When it arises from in-

juries, or in patients already reduced by disease, and is excessive, remedies are necessary.

CAUSES.—Undue fulness of the blood-vessels of the head; local disease of the nostrils; or a constitutional hæmorrhagic diathesis. In men it frequently succeeds suppression of hæmorrhoidal discharge, and in young women it may be *vicarious* of the menstrual function. Under peculiar conditions of the constitution, Epistaxis often occurs periodically in some adult persons, and then its cessation, without judicious treatment, may become a source of danger.

TREATMENT. — *Aconitum.* — Bleeding after being over-heated, or in *plethoric persons*, with fever, strong pulsations of the arteries of the temples and neck, and *full, hurried pulse.* A dose every fifteen or twenty minutes, during the bleeding.

Arnica.—Hæmorrhage from *violence*—a blow, fall, or excessive bodily exertion—preceded by heat and itching of the nose.

Pulsatilla.—In females, from *suppressed* or scanty monthly discharge.* See also *Bryonia.*

* See the *Lady's Homœopathic Manual.*

China.—If the loss of blood has been such as to weaken the patient, producing paleness, fainting, etc. A dose three or four times daily for a week or ten days. At the same time the food should be nourishing, and taken at regular hours, avoiding, of course, over-repletion.

Accessory Measures. — So long as the hæmorrhage continues, the patient should be kept standing, as that posture favours fainting, which is often nature's mode of cure. If the hæmorrhage has caused debility, a nourishing but digestible diet is necessary.

Cold is a most successful means of arresting hæmorrhage; it may be applied to the nose or forehead by a handkerchief wetted in cold water, or by ice, or by the sudden application of cold water to the neck or back, or by placing a cold key or any other iron instrument to the spine. In these latter instances the influence of cold is not restricted to the part to which it is immediately applied; the bleeding is arrested by the sympathetic constriction of blood-vessels which it produces in remote parts. In most cases, however, the simple plan of causing the patient

to raise his arms above his head, and holding them so for a little time, promptly arrests hæmorrhage.

All stimulating food and drink must be withheld, and every circumstance likely to quicken the circulation avoided.

Plethoric patients, predisposed to this complaint, or to congestions, should lead a temperate life, avoid stimulants, use frequent ablutions of cold water, and take moderate exercise daily in the open-air, avoiding at the same time sudden changes of temperature. Immoderate exertion, fatigue, and much stooping are injurious.

CHAPTER V.

DISEASES OF THE RESPIRATORY SYSTEM.

35.—Croup (*Angina Trachealis*).

Croup proper is inflammation of the mucous membrane of the *larynx* and *trachea*, with swelling from effusion into their sub-mucous areolar tissue. There is probably no real membranous

formation, as in Diphtheria, but only a secretion of tenacious mucus. Croup is a serious and dangerous disease, as death may occur suddenly from Convulsions, Spasm of the Glottis, exhaustion, the formation of a coagulum in the heart, or from the excessive swelling of the lining of the wind-pipe, by which the patient is choked. The disease should be placed under the care of a professional Homœopath as quickly as possible.

Symptoms.—It begins as a Catarrh, with a peculiar barking cough, and afterwards, usually at night, the symptoms become aggravated, with paroxysms of dyspnœa, rapid breathing, quick, wiry pulse, thirst, *hoarse* voice, loud, *brazen cough*, and great distress, the child throwing its head back to put the wind-pipe on the stretch. The metallic ringing sound, heard in the inspiration and cough, has been compared to the crowing of a young cock, or to the barking of a puppy. The disease is often fatal in from two to four days.

True Croup is less frequent than *Spasmodic Croup* (pp. 151-3), and generally occurs in the period between the first dentition and puberty. It

is distinguished from that disorder by the presence of barking cough, feverishness, anxiety of countenance, and distress between the attacks.

CAUSES.—Damp and unhealthy situations; sudden changes of temperature; wet feet; poor or scanty food or clothing; previous illness; etc. One attack predisposes to another.

TREATMENT.—*Aconitum.*—Great heat, thirst, *short dry cough*, and difficult breathing. *Aconite* is often of priceless value in the early stage of the disease; if indicated, it may be given in alternation with one of the following remedies.

Spongia.—If *Aconite* produce perspiration, but the difficult breathing continue, *Spongia* should be substituted, particularly if the breathing be laboured, loud, and wheezing, and the cough *hoarse, hollow, barking*, or whistling, and worse towards evening, the patient looking anxious, pale, and as if he would be suffocated.

Hepar Sulphur.—Loose cough, having the ringing or brassy sound peculiar to Croup, with a constant *rattlingin the chest*, during which the patient tries in vain to get relief by expectoration.

Iod., *Kali Bromidum*, *Kali Bich.*, *Brom.*, are also sometimes required.

Phos. or *Carbo Veg.* is useful in removing the hoarseness and cough which often remain after an attack of Croup.

Administration.—In severe cases, every fifteen or thirty minutes; in mild, or during convalescence, every four or six hours.

ACCESSORY MEANS.—A warm bath, and hot water applications to the throat, are highly advantageous. The feet should be kept warm, there should be no strings or tight articles round the neck, and everything avoided that would be likely to excite or irritate the patient. During an attack, as a beverage, water only is admissible. In convalescence, milk-and-water, arrowroot, gruels, extract of meat, and, gradually, more substantial food. A change of air, especially to a dry, healthy soil, hastens complete recovery.

36.—Cold-in-the-head—Catarrh (*Coryza*).

This is a very common complaint, and often the precursor of serious and fatal diseases. It

consists of inflammation of the mucous membrane of the air-passages of the nose, throat, etc.

SYMPTOMS.—It usually comes on with slight shiverings, pain and a feeling of weight in the head, redness of the eyes, obstruction of one or both nostrils, accompanied with a discharge of thin, colourless, acrid mucus. These symptoms are soon followed by sore throat, hoarseness, sneezing, dry cough, chilliness, general weakness, more or less fever, quick pulse, and loss of appetite.

CAUSES.—Exposure to wet, cold winds, draughts, changes of temperature, insufficient clothing, and especially *deficient warmth when the body is cooling after having been heated.* A weak condition, an empty stomach, or a disordered stomach, are predisposing causes.

TREATMENT.—*Aconitum.*—This is a remedy of great power, and undoubtedly surpasses every other in efficacy at the *beginning of a cold,* or in the precursory stages of all diseases resulting from a cold. If appropriately and early administered, it will generally remove all the morbid symptoms consequent on cold, and so

obviate the necessity for any other medicine; a dose every second or third hour. If the cold has resulted in any of the diseases so often following it, *Acon.* may be alternated with, or substituted by, one of the annexed, or some other remedy, according to the directions given in other parts of this Manual.

Camphor.—This remedy is only suited to the *chill* or cold *stage*, when its prompt administration in two-drop doses, every half-hour or hour, repeated several times, will often terminate the disease in the first stage. It should be chosen in preference to *Acon.* during the chill stage, and especially if the patient has still to be exposed to changes of temperature.

Arsenicum.—Coryza, with copious, watery, *acrid discharge*, and *soreness* of the surrounding parts, with great lassitude; especially for weak and wheezing patients.

Mercurius.—Running-cold, with *sneezing*, soreness of the nose, *thick discharge*, profuse perspiration; sensitiveness to cold; and aggravation of symptoms towards evening.

Nux Vomica.—Sense of *weight and pressure*

in the forehead; discharge during the day, and stoppage at night; "stuffy cold."

Pulsatilla.—In females or children, with loss of appetite; *diminished or perverted taste and smell;* much thick yellow or green discharge from the nose; heaviness and confusion in the head, worse in the evening, or in a warm room.

Kali Bichromicum.—*Chronic Catarrh,* with hoarseness, *tough stringy sputa,* chronically inflamed or ulcerated throat, cough, etc. An additional indication is a concurrent affection of the digestive mucous membrane.

Sulphur.—Chronic catarrh, with free discharge.

Accessory Measures.—Copious draughts of cold water, and abstinence from solid food, when there is much feverishness. The hot footbath (p. 77) may be used before retiring to rest.

Prevention.—Persons liable to cold on slight exposures, should take a cold sponge-, shower-, or plunge-bath, daily, at all seasons of the year. Delicate persons may begin by using tepid water for a few days, gradually lowering the temperature till the natural coldness is reached. Excer-

for constitutionally delicate persons, the writer strongly deprecates the habit of washing in warm water. Proper clothing, regulated by the season, is of great importance for all, especially for children and young girls. The feet should be kept dry and warm. Warmth may generally be secured by free out-of-door exercise, sharp walking, the use of the skipping-rope, etc. The hardening process of out-of-door exercise in warm clothing which protects the chest and abdomen, should be gradual. Catarrhal, wheezing patients, going out on a cold day, or passing from a warm to a cold room, may use a *Respirator;* but keeping the *mouth shut*, by breathing through the nose, affords a better protection. Cold cream applied to the nostrils will give relief in dry, cold, windy weather.

37.—Hoarseness.

Hoarseness is a frequent accompaniment of a common Cold, Croup, Consumption, and other diseases; it may also follow the excessive use of the voice, as in reading, speaking, or singing.

TREATMENT.—*Aconitum.*—Dryness, roughness, and sensation of fulness in the throat, with feverishness.

Belladonna.—Hoarseness, with sense of *constriction* and rawness of the throat.

Phytolacca.—Catarrhal roughness, dryness, or inflammation of the throat, with *Hoarseness.*

Mercurius.—*Thick discharge* from the nostrils, tickling, and burning in the throat, shivering, and disposition to perspire. The symptoms are aggravated in the evening, in the cool air, and by speaking and eating.

Dulcamara.—Hoarseness from *damp or wet.*

Arnica.—From *excessive use of the voice.* It may also be used as a gargle (five drops of the strong tincture to a wine-glass of cold water).

Hepar Sulphur.—Weak and *hoarse voice;* wheezing breathing. It is indicated in old standing cases, and when *Mercury* has been largely taken.

Carbo Veg.—Obstinate *chronic Hoarseness,* worse in damp weather, after talking, and in the evening; and for patients who have been dosed with *Mercury.*

Phosphorus.—Dryness and soreness of the throat and chest, especially in the chronic form of the affection, and for patients having a *consumptive tendency.*

38.—Bronchitis.

Bronchitis—inflammation of the mucous lining of the bronchial tubes—is a *diffused disease*, extending more or less through both lungs, and differs from Cold or Catarrh, which only affects the lining membrane of the nose and throat. When the upper portion of the chest is chiefly affected, patients often describe it as a "*Cold in the chest.*" It most frequently occurs in old persons, although it sometimes affects children.

Symptoms.—Acute Bronchitis begins with febrile symptoms, headache, lassitude, and anxiety; these are soon attended with a feeling of tightness or constriction in the chest, especially the front portion; oppressed, hurried, anxious breathing, with wheezing or whistling sounds; severe cough, at first dry, then with viscid and frothy expectoration, and sometimes streaked with blood, subsequently becoming

thick, yellowish, and purulent. The pulse is frequent, often weak; the urine scanty and high-coloured; the tongue foul; there are throbbing pains in the forehead, and aching pains in the eyes, aggravated by the cough; with other symptoms of fever. The usual cause of death in Bronchitis is the complete obstruction of the bronchial tubes with adhesive mucus resembling that expectorated during life. The unfavourable symptoms are—*cold* perspirations covering the skin; pale and livid cheeks and lips; dry, brown tongue; scanty urine; cold extremities; *extreme prostration;* rattling, and a sense of suffocation in the throat; and complete insensibility, ending in death. In favourable cases, however, the disease begins to decline between the fourth and eighth day, and under good treatment and management soon disappears; otherwise it is apt to assume the chronic form.

Causes.—Exposure to cold draughts of air, to keen and cutting winds, or sudden changes of temperature; insufficient clothing; inhalations of dust or other irritative substances. Bronchitis also arises during the course of other diseas

TREATMENT.—*Aconitum.*—A rapid and full pulse, hot skin, frontal headache, palpitation of the heart, dizziness, constipation, and other *febrile symptoms.* A dose every one or two hours till improvement takes place.

Kali Bich.—This remedy has great power in Bronchitis, especially when *chronic,* with accumulations of *tenacious, stringy mucus,* difficult to expectorate; cough, and dyspnœa.

Ant.-Tart.—Most valuable in the second stage, when there is *much wheezing;* with sickness induced by the great accumulation of mucus; and paroxysms of cough, *dyspnœa,* palpitation, etc.

Bryonia.—Heat, soreness, and *pain behind the sternum* (*breast-bone*), and an irritative cough with scanty expectoration, constituting a "Cold on the chest." It is most useful when the large air-tubes are involved, but less so when the inflammation extends to the smaller, where *Ant.-Tart.* is superior. *Bryonia* is very useful in acute attacks of children, with suffocative cough, rapid, difficult breathing, great agitation, and -iety. *Phos.* may also be considered.

ADDITIONAL REMEDIES.—*Ipec.*, *Arsen.*, *Bell.*, *Carbo Veg.*, *Merc.*, *Spong.*, and *Sulph.*

For dose, etc., see pp. 66-7.

DIET.—During an attack, gum-water,* barley-gruel, jelly, etc. Cold water, or toast-water, is the most appropriate drink. In elderly or feeble patients, exhaustion is liable to come on, requiring nutritious and frequent support, cod-liver oil, etc.; the latter is often an important item in the treatment of Bronchitis (pp. 137-8).

ACCESSORY MEASURES.—In acute cases, the patient should be kept in a warm atmosphere (65 to 70 degrees), which should be moistened by steam emitted from a kettle on the fire, or from a can of boiling water at the bedside. Ventilation of the apartment, however, should not be neglected. Hot linseed-meal poultices applied to the chest are beneficial, as they relieve congestion.

Chronic Bronchitis.—This form of Bronchitis is common in advanced life. The milder varieties are indicated only by habitual cough, shortness of breath, and copious expectoration.

* See page 71.

Many cases of winter cough in old persons are examples of bronchial inflammation of a low type and protracted character.

TREATMENT.—*Kali Bich.*, *Carbo Veg.*, *Bry.*, *Arsen.*, *Phos.*, *Hep.-Sulph.*, *Ipec.*, *Lyc.*, *Calc.*, and *Sulph.* Also Cod-liver oil. See under *Acute Bronchitis.*

PREVENTIVE MEANS.—Cold bathing in the morning is the first and most important, that form of bath being adopted which is found most useful or convenient. (See Bathing, pp. 53-4.) Another preventive is the *Beard*, which protects the respiratory passages against the effects of sudden changes of temperature. The beard and moustache are a kind of *natural respirator*, the shaving off of which is a frequent cause of acute and chronic Bronchitis. Can we doubt the wisdom and beneficence of the Creator in giving this ornament to the *man*, who is so frequently exposed to atmospheric vicissitudes, and withholding it from the *woman*, who, as the *keeper at home*, requires no such appendage? Hair is an imperfect conductor of both heat and cold, and, placed round the entrance to the lungs, acts

as a blanket, which promotes warmth in cold weather, and prevents the dissolving of ice in hot weather. In many instances, the hirsute appendages would protect lawyers, clergymen, or other public speakers, and singers, from the injurious effects of rapid variations of the atmosphere, from which professional men so often suffer. Acquiring the habit of *keeping the mouth shut* and breathing through the nose, especially when exposed to cold or damp air, is a great protection. This habit should be taught in early life, and mothers should see that their infant children sleep with the mouth closed.

39.—Asthma (*Asthma*).

This is a spasmodic disease, recurring in paroxysms, characterised by great difficulty of breathing, a feeling of tightness across the chest, wheezing cough, and often at the close of an attack, a discharge of phlegm. The air-tubes of the lungs are encircled by minute bands of muscular structure, which, like other muscular fibres, may be affected with spasms. These

spasms contract the air-tubes, and the difficulty of breathing and the wheezing respiration are caused by the air being forced through the narrowed channels.

SYMPTOMS.—An attack often comes on suddenly at night or towards morning, attended with a distressing sense of suffocation, the patient springing up, or even flying to an open window, wheezing loudly, till after an uncertain time, perhaps an hour, it passes off with more or less expectoration of mucus.

CAUSES.—Atmospheric changes; smoke, dust, gases, metallic and other particles floating in the air; certain odours, as of hay, ipecacuanha, or vapour of sulphur; irregularities of diet, especially heavy suppers; and hereditary influence. It is not peculiar to any age, children as well as adults being liable to it.

TREATMENT.—The treatment should be directed to strengthening the organs during the intervals of attack, and quickly relieving the acute symptoms during the attack.

Ipecacuanha.—A feeling of tightness of the chest; panting and rattling as if the windpipe

were full of phlegm; coldness, *paleness*, *anxiety*, and *sickness*. During an attack, a dose every ten or fifteen minutes; afterwards, every three or four hours.

Arsenicum.—Short, anxious, and *wheezing breathing*, aggravated at night by lying down, and upon the least movement; with attacks of suffocation, spasmodic constriction of the chest, and pale, sunken, or bluish face. It is especially required in Asthma from suppressed eruptions, and in *feeble* and *impoverished constitutions*.

Veratrum.—Violent paroxysms, with *cold perspirations*, and extreme prostration.

Ant.-Tart.—Often loosens expectoration.

Nux Vomica.—Suitable for robust persons, and for attacks occurring about *three or four o'clock in the morning*, or after a heavy meal, or for patients of too studious habits, or addicted to stimulants.

Aconitum.—Often very useful during a *paroxysm*, with tumultuous action of the heart, oppressive anxiety, laboured breathing, etc.

Sulphur.—Chronic Asthma, apparently con-

nected with some *constitutional taint*, and after the unsuccessful use of other remedies.

In obstinate cases, additional remedies are necessary.

ACCESSORY MEANS.—Holding the breath will sometimes break a spasm. Inhalation of steam, especially if medicated with the appropriate remedy, affords relief. The diet should be strictly moderate, simple, and digestible, as disorders of the stomach often occasion an attack. Suppers are especially to be avoided. In some cases the food should be weighed, the meal-hours fixed, and strictly adhered to. Drill and calisthenics should be resorted to for the purpose of expanding the chest. Cold sponging, with frictions, in the morning, moderate and agreeable exercise in the open-air, and a strict avoidance of the usual exciting causes, are to be observed. The atmosphere best suited to the patient depends entirely upon idiosyncrasy, as some can only breathe in a mountain-air, and others only in the fogs of London.

40.—Inflammation of the Lungs (*Peripneumonia*), and Pleurisy (*Pleuritis*).

Pneumonia affects one or both lungs, or, in technical terms, is single or double. The right lung is more liable to inflammation than the left, and the lower lobes suffer oftener than the upper. In *Pleuritis*, the inflammation affects the pleura or serous membrane investing the lungs and lining the cavity of the thorax. These diseases frequently co-exist, require similar medicines, and should be treated, if possible, by a homœopathic practitioner.

Symptoms.—Shivering; headache; hard, wiry pulse, about 100 in a minute, and other symptoms of fever; the breathing is hurried, the patient refuses to take a full breath, and inspiration is often interrupted by a "stitch" or "catch," by a cough which is short and painful, by lying on the affected side, and by pressure. This is *Pleurisy*. In *Pneumonia*, the skin is

* These diseases are treated of more fully, and separately, in "*The Vade Mecum of Modern Medicine and Surgery*," and in "*The Text-Book of Modern Medicine and Surgery*."

burning, especially about the ribs and arm-pits; there is no moisture in the nostrils, and the eyes are tearless; the breathing is much more hurried than in Pleurisy, but the only pain is of a dull aching character; the cough is frequent and short, and there is spitting of tough, rusty-coloured phlegm, subsequently streaked with blood. Favourable symptoms are—less laboured and frequent breathing, freer expectoration, moister skin and tongue; also increased excretions from the bowels and bladder. Unfavourable symptoms are—small, feeble pulse, cold clammy perspiration, rapid breathing, blue lips, foul tongue, offensive breath, excessive debility and languor.

CAUSES. — Atmospheric changes, sudden checking of the perspiration, mechanical injuries, etc. These diseases often arise during the course of the eruptive and other fevers; feebleness of constitution is often a predisposing cause.

TREATMENT.—*Aconitum.*—Pre-eminently suitable, either alone or in turns with other remedies, whenever *inflammatory symptoms* run high, and the secretory functions are suspended.

Bryonia.—Laboured, short, catching, and rapid breathing; stinging, shooting, or burning pains in the side, aggravated by inspiration; the *cough is painful, dry,* or with expectoration of glairy sputa; the patient is irritable, restless, weary, and disposed to retain the recumbent posture.

Phosphorus.—Severe sticking pains in the chest, excited or increased by breathing or coughing; the breathing is short, the cough dry, or accompanied by *rusty-coloured expectoration.*

Antimonium Tart.—Greatly oppressed breathing; cough attended with much *rattling of mucus;* nausea; profuse and difficult expectoration; violent throbbings of the heart, and a feeling of suffocation.

Arsenicum.—Tedious cases with extreme *prostration of strength;* painfully oppressed breathing.

Sulphur.—When the prominent symptoms have yielded to other remedies.

General Treatment.—See "Accssory Measures," pp. 68-80. External applications of

heat,—hot flannels, linseed meal poultices, etc., —afford much relief. Rubbing the chest and back with cod-liver oil, or olive oil, nourishes and warms the patient. Plenty of fresh air at a temperature of 65°, moistened with steam, facilitates the action of the lungs. Diet should at first be light, without stimulants; later on stimulants judiciously given may be necessary. Blood-letting in every form must be avoided.

41.—Cough (*Tussis*).

Cough, like Hoarseness, is rather a symptom of some more general disease, than a disease in itself. It is often the forerunner or attendant of some of the most fatal diseases of our climate, and should, therefore, never be neglected. There are many varieties of cough, but our prescriptions are only intended for such as are common and uncomplicated. Cases that persist, in spite of one or more of the annexed remedies, should be regarded as too serious to be treated merely by the aid of books.

TREATMENT.—*Aconitum*.—A dry hard cough,

accompanied with *inflammatory symptoms*—flushed face, headache, *thirst*, *scanty urine*, confined bowels, restlessness, etc.

Ipecacuanha.—Irritating, nervous, and spasmodic cough, attended or followed by vomiting (also *Drosera*). The chest is oppressed by the accumulation of mucus in the air vessels, rendering breathing difficult, almost to suffocation.

Belladonna.—Short, dry, hollow, convulsive cough, generally *worse at night*, in bed, excited by a sensation of tickling in the throat, and accompanied by *flushed face and headache.*

Duloamara.—Loose cough from getting *wet*, with much phlegm and oppression at the chest.

Bryonia.—A hard, dry cough, attended with *pain* in the side, chest, and head; cough aggravated by passing from warm air to cold, or *vice versâ;* loose cough, with white or yellow expectoration, sometimes streaked with blood.

Hepar Sulphur.—Irritating cough, with hoarseness and smarting of the throat, excited or aggravated by cold to the surface of the body, or exposure to atmospheric changes.

Phosphorus.—Dry cough, excited by tickling in the throat; hoarseness, and pains or soreness in the chest, with *rusty-coloured, bloody*, or *purulent expectoration.*

Chamomilla.—Coughs of *children* during teething, with wheezing breathing, *fretfulness*, etc.

Carbo Vegetabilis.—Cough on taking the least cold; *obstinate hoarseness* or loss of voice.

Kali Bich.—Cough, with very *tough expectoration*, preceded by great wheezing, with difficult breathing, and followed by dizziness.

Sulphur.—*Obstinate* dry cough, with tightness in the chest, and retching; loose cough, with expectoration of whitish or yellowish mucus during the day, and dry cough at night, attended with headache, spitting of blood, etc.

Beverages.—Gum-water, barley-water, and other mucilaginous drinks, or if preferred, simple cold water, in small quantities, at frequent intervals, are highly beneficial in almost every variety of cough.

PREVENTIVES.—Cold bathing or sponging the whole surface of the body every morning as directed under Bathing (pp. 53-4). Clothing adapted to the varying conditions of the atmosphere (pp. 54-6). Exercise in the open-air, every day, if possible, *beyond the boundaries of a town or city*. Familiarity with a free atmosphere affords a security against excessive sensibility to variations of the weather. Morning air is the best: damp, or confined air, or the air of crowded assemblies, should be avoided. Here, again, keeping *the mouth shut*, and breathing through the nose, is a great preventive, more especially when irritability or tickling of the throat exists.

CHAPTER VI.

DISEASES OF THE DIGESTIVE SYSTEM.

42.—Thrush (*Aphthæ*)—Frog.

SYMPTOMS.—Small vesicles or white specks upon the lining membrane of the mouth, sometimes so connected as to form a continuous dirty

diphtheritic-like covering over the tongue, gums, palate, etc. In some forms of the disease, microscopical parasitic plants are developed in the mucous membrane, which are readily transferred to the mother's nipples; but they are never developed on the interior of the stomach or bowels, being limited to those portions of the mucous membrane which are lined with scaly epithelium. Severe diarrhœa, fever, and other constitutional disturbances indicate great peril. In adults, the disease is the result of some constitutional malady, as Consumption, Enteric-fever, or senile decay; it is then also always of grave import.

CAUSES.—A delicate or strumous constitution; insufficiency or unhealthy condition of the mother's milk, or an unsuitable quantity or quality of food in infants fed with the bottle or spoon; general want of cleanliness; constitutional disease.

TREATMENT. — *Borax.* — The child's mouth should be washed with a weak solution of *Borax* (four grains to half an ounce of glycerine and half an ounce of water), by means of a soft

brush or soft rag. It has a specific power over this affection, and will cure it probably quite as well if used internally only, and if the disease is limited to the mouth, without the aid of any other remedy. After a while it may lose its efficacy, and then some other remedy must be resorted to.

Mercurius.—Is indicated by *dribbling saliva, diarrhœa,* offensive breath, etc.; if administered when the white specks first appear, it is often alone sufficient. A dose every six hours, for several days.

Arsenicum. — *Dark colour* of the eruption; offensive odour from the mouth; *exhausting sickness and diarrhœa; great debility.* A dose every four hours.

Carbo Vegetabilis.—This has similar indications to the last, and may be given if that remedy fail to effect more than a partial cure.

Sulphur.—This remedy may follow any other, when the latter does no further good; when the Thrush has nearly subsided, to prevent a relapse; and when there are eruptions on the skin, or sour-smelling breath.

GENERAL DIRECTIONS.—Cleanliness, ventilation, fresh air, and proper diet, are essential. When Thrush is due to ill-health in the mother or nurse, the infant should be at once weaned, and fed with the following substitute:—

NEAVE'S FARINACEOUS FOOD.—Considerable experience in its use justifies us in recommending this as the best substitute, in the majority of cases, for the mother's milk, as well as a valuable article of diet for feeble constitutions generally. Competent chemical analyses have found the preparation to contain every constituent necessary for the perfect nourishment of the infantile body; and this has been abundantly confirmed by what we have frequently observed as the result of its early and exclusive use. A great advantage in the adoption of this diet is, that any interference in the action of the bowels is altogether unnecessary, as, by varying the quantity of milk mixed with the food, the most regular action is secured. It is important that cow's milk of good quality be used, and that the food be administered at a uniform temperature, namely that of breast-

milk. In cases in which farinaceous food cannot be tolerated, and when the child is under three or four months old, *Sugar-of-milk* should be substituted.*

43.—Disorders of Teething (*Dentition*).

Teething is an important process in the development of a child, and in delicate children is often accompanied by various local and general symptoms of disorder, some of which are referred to under the following remedies. Other complaints, such as Constipation, Diarrhœa, Convulsions, etc., may be treated according to the instructions given in this book, under those headings.

Causes of Disordered Dentition.—Excessive quantities of food, or improper food; keeping the head too hot; local affections of the gums; strumous constitution, etc. The period at which the milk-teeth appear is important. Too early dentition taxes the constitution be-

* See examples of dietary for children at different ages, in "The Diseases of Infants and Children."

yond its powers of endurance; too late dentition indicates a feeble or scrofulous constitution. In the latter cases, professional treatment should, if possible, be obtained.

TREATMENT. — *Aconitum.* — Heat, redness, pain, swollen gums, and restlessness. *Acon.* is often invaluable during dentition.

Chamomilla.—This may follow *Acon.* for dry cough; short breathing; fretfulness; flushed cheek; loose, *green, or frothy stools.* It is a sovereign remedy in many of the ailments of dentition.

Gelseminum.—Sufferings in the head, sleeplessness, *crying out*, and *tossing about;* the feverishness is not such as to call for *Acon.* nor the head-symptoms for *Bell.*

Coffœa. — Morbid excitability, *sleeplessness*, restlessness, and frequent changes, especially in the absence of fever.

Belladonna.—Congestion to the head, with redness of the face and eyes; *cerebral excitement;* convulsive movements of the limbs; sleeping with the eyes partially open.

Calcarea.—Slow or late dentition, especially

in scrofulous children subject to looseness of the bowels, with *loss of flesh and strength.*

Silicea.—Similar symptoms to those of *Calcarea,* especially when dentition is tardy, though the teeth are on the point of coming through. Like *Calc.*, *Sil.* generally obviates the necessity for lancing the gums. It is valuable for rickety children.

Merc., *Kreas.*, *Ipec.*, *Nux Vom.*, *Sulph.*, etc., are also sometimes required.

Accessory Means.—Bad hygienic habits affecting the mother or child should be corrected. Out-of-door air is necessary for both; also regularity in the hours of meals and sleep, and bathing or sponging the whole body in cold water daily. The child should be provided with an elastic indiarubber ring to bite at.

44.—Toothache (*Odontalgia*).

Causes.—Decayed teeth, sudden changes of temperature, Indigestion, pregnancy,* or general ill-health. *Neuralgic Toothache* occurs in paroxysms, and comes and goes suddenly.

* See the *Lady's Homœopathic Manual.*

TREATMENT.—If strong *Kreasote* or *Laudanum* has been used locally, the mouth should be thoroughly cleansed before taking any of the medicines recommended in this Section.

EPITOME OF TREATMENT.—In this classification the remedies are prescribed in the order in which they are most frequently required:—

1. *From Cold.*—Merc., Acon., Dulc. (*from wet*), Cham. (*from a draught*), or Puls.

2. *Rheumatic Toothache.*—Bry., Merc., Arn., Bell., or Acon.

3. *From Decayed Teeth.*—Merc., Kreas.

4. *Nervous Toothache.*—Cham., Coff., Gels., or Ign.

5. *Pains extending to neighbouring parts.*—Merc., Bell., Puls., or Cham.

6. *With swelling of the Face or Gums.*—Cham., Merc., Bell., or Bry.

7. *Toothache during Pregnancy.*—Nux V., Bell., Puls., or Cham.

8. *In Children.*—Cham., Acon., Calc., or Ign.

LEADING INDICATIONS.—

Mercurius.—Decayed Teeth, with tearing pains extending over the side of the face, and to the

glands and ears; pains aggravated by eating or drinking anything cold, or by cool or damp air; swelling of the face, soreness of the gums, *gum-boils, profuse flow of saliva,* perspiration, etc.

Aconitum. — Full-habited patients, with flushed face, hot, swollen gums, *thirst, restlessness.*

Belladonna.—Drawing, lacerating, or *shooting pains,* affecting several teeth, the ears, and side of the face, worse at night, in the open-air, or by contact; *determination of blood to the head,* swelling of the cheek, etc.

Chamomilla.—Toothache from a draught, suppressed perspirations, or from mental emotions; jerking, shooting, violent pains, which affect the ear on one side of the face, are worse at night after eating, and after taking anything hot; agitation and restlessness; swelling, and flushing of one cheek with paleness of the other. Especially suited to the *Toothache of children.*

Pulsatilla.—Throbbing or digging pains, extending from the decayed tooth to the eye, with semilateral headache; the pains are *worse in a warm room,* in the evening, and in bed, but are

mitigated by cold air or water. *Puls.* is most suited to mild persons, of light complexion, and to females with suppressed or scanty period.

Nux Vomica. — Toothache from sedentary habits, stimulants, or coffee, with Indigestion, *irregular action of the bowels*, etc. The pains are worse at night, in the morning on waking, or when engaged in mental labour.

Bryonia.—Rheumatic Toothache, worse in warmth, but relieved by cold applications.

Administration. — Every fifteen or twenty minutes till the pain is mitigated; afterwards, every three or four hours. After three or four doses of any remedy have been taken without benefit, another should be selected.

ACCESSORY TREATMENT.—Brush the teeth in the morning, after eating animal food, and at bedtime. They should be brushed on their inner as well as on their outer side, and up and down, and not merely from side to side; a moderately soft brush should be used.* The

* As a preservative of the Teeth *Thompson and Capper's Dentifrice Water* is the best preparation with which we are acquainted. It cleanses the teeth, gives firmness

idea that frequently brushing and cleansing the teeth is liable to lacerate the gums and separate them from the teeth, is erroneous, for it is one of the best methods of restoring them to a healthy condition when they are spongy, and inclined to bleed. Charcoal should be avoided, because it is gritty. In very cold weather, tepid water should be used.

The digestive organs should be maintained in a healthy condition by means of proper food and correct habits. Chewing or smoking tobacco, the habitual use of strong drinks, drugs, ice, or extemely hot food, are likely to injure teeth naturally good.

to the gums, and prevents or retards dental decay. We therefore strongly recommend it in sponginess of the gums, and where a tendency to decay exists. The Dentifrice Water is also useful for offensive breath, in low fevers, etc. In these cases it should be used two or three times daily. Although we should not prescribe it as a *cure* for Toothache, its regular use would be in most instances preventive of this and other troubles to which the teeth are subject. We have now used it for many years, and frequently recommend it to patients, and in all cases it is highly approved as a pleasant and useful toilet requisite.

In some cases, the only remedy for Toothache is *extraction*, especially if the tooth be loose, much decayed, and unfit for mastication; but in most cases the pain may be speedily relieved by homœopathic remedies. If the caries be recent and slight, the decayed portion may sometimes be removed, the cavity filled with a suitable material, and thus a useful tooth may be preserved for years. A qualified dentist should be consulted.

Gum-boil.—When the gum-boil forms, hot fomentations, or the application of the inner part of a roast fig to the suffering gum, will relieve pain; at the same time, *Hep.-Sulph.* or *Merc.* should be taken every two or three hours. Frequently the extraction of a decayed tooth is necessary to obviate a recurrence of the trouble. If there be an abscess at the root of a fang, extraction may prevent disease of the jaw-bone.

PREVENTIVE MEANS.—The face, temples, ears, and neck should be well bathed with cold water every day, and afterwards rubbed with a dry towel; also the mouth kept sweet and clean by rinsing it with cold water. Incipient decay

of teeth, or sponginess of the gums, should be corrected early.

45.—Sore Throat (*Dolor faucium*).

Simple soreness or swelling of the throat, uncomplicated by Ulceration, Quinsy, or Syphilis, is a very common accompaniment of Cold-in-the-head, and is generally easily curable by *Acon.*, when the throat is very dry and rough, and there is a hard dry cough; by *Bell.*, if there be great redness of the parts, with a raw or scraped sensation; by *Merc.*, if the throat feel swollen, the glands sore or enlarged, with slight deafness; or by *Nux* if the stomach be disordered. The throat compress (p. 79) expedites the cure, and tends to prevent a recurrence. See also the Section on Cold-in-the-head.

Clergyman's Sore Throat.—The following remedies are recommended for the sore throat and hoarseness to which clergymen, public speakers, and singers, are liable; in the *incipient* and *acute form*, Acon., Bell., Phyto., Spong., Dros.; in the *chronic*, Hep.-S., Carbo Veg., Kali Bich., Caust., Bary.-C., Calc.,

Sulph. The *Sulphurous Acid Spray*, or the wet compress at night, are excellent auxiliaries.

For detailed Treatment, consult *The Vade Mecum of Modern Medicine and Surgery.*

PREVENTION.—The morning bath; a uniform and equable exercise of the voice; the wet compress, after prolonged exercise of the voice; *breathing through the nose*, especially on passing from a warm to a cold atmosphere; and the cultivation of the moustache and beard. On the latter we subjoin a few remarks.

CULTIVATION OF THE BEARD.—The beard and moustache should be permitted to grow, as they afford an excellent protection to the delicate organs of the voice of those in whom it is subjected to undue or irregular exercise. After a public address, the tissues in the vicinity of the throat become relaxed, and on leaving the place of assembly and entering the open-air, inflammatory action commences, and if repeated, chronic affections of the throat and bronchial tubes are often induced; but the unshorn natural respirator, which our Maker intended to be one of the distinguishing features of the male sex,

effectually protects these important parts. The hair planted on the human face by the wisdom and goodness of our Creator, has its uses, and we may add, its beauties. Let the young man, therefore, never become a slave to the false and pernicious fashion which compels him to shave off the beard, as it is found contributory to the health, if not to the personal improvement, of those who wear it. See also under "Bronchitis."

46.—Quinsy (*Cynanche Tonsillaris*).

This consists of inflammation of the tonsils and of the subjacent mucous membrane.

Symptoms.—Heat, redness, and rapid swelling of the tonsils, with hoarseness, severe throbbing pain, difficult swallowing and expectoration, and general fever. If prompt and skilful means be employed, the pain, swelling, and other inflammatory symptoms gradually subside; otherwise matter forms, indicated by rigors, throbbing, and darting pains extending to the ears.

Causes.—The *predisposing* are, scrofulous constitution, abuse of *Mercury*, and previous

attacks of Quinsy; the *exciting* are, cold, atmospheric changes, wet feet, etc.

TREATMENT.—*Aconitum.*—Sore throat, with general feverish symptoms—chills, thirst, headache, dizziness, and restlessness. Generally required at the commencement.

Belladonna.—Acute, bright-red, sore throat, with heat, dryness, painful difficulty in swallowing, flushed face, and headache. A valuable remedy, either after, or in alternation with, *Acon.*

Mercurius.—Swollen throat; copious accumulation of saliva in the mouth; swelling of the gums and of the tongue; shooting pain on swallowing; an inclination to swallow the saliva, although painful; a disagreeable taste in the mouth; fœtid odour of the breath; ulcers on the sides of the mouth; pains extending from the throat to the ear.

Administration.—In acute cases, a dose every one or two hours, at first; in sub-acute, every three or four hours; during convalescence, every six or twelve hours. When swallowing is extremely difficult, or impossible, two drops

of the remedy on a small piece of sugar may be placed on the tongue.

ACCESSORY MEANS.—In severe cases, a hot poultice across the throat, extending nearly to each ear; in mild cases, the *throat compress* (p. 79), may be applied. Frequent *inhalation* of the steam of hot water, or a warm milk-and-water gargle, will be found soothing and useful. The patient should remain indoors, and, in bad cases, in bed.

47.—Indigestion (*Dyspepsia*).

DIGESTION is the process which food undergoes in the stomach and other organs, for the formation of *chyle*, a milk-like liquor, from which blood is formed for repairing the continued waste of the animal body; this process goes on in health easily, quickly, and completely. INDIGESTION is a deviation from this healthy function in one or more of the qualities just named,—it may be painful, slow, or incomplete.

SYMPTOMS.—Impaired appetite; flatulence; nausea, and eructations, which often bring up bitter or acid fluids; furred tongue and offensi-

breath, especially in the morning; confined or relaxed bowels; heartburn; pain, weight, and inconvenience or fulness after a meal; headache; palpitation; and other symptoms.

CAUSES.—Excessive eating; too short an interval between meals; irregularities in diet; food of a heavy, indigestible, fat, sour, flatulent, or bad quality; eating too quickly; imperfect mastication; warm and relaxing drinks; spirituous liquors, tobacco, or the excessive use of tea or coffee; purgative drugs; too little out-of-door exercise; excessive bodily or mental exertion; late hours; exposure to cold and damp, etc. Business, or family cares and anxieties, are also frequent causes of Dyspepsia. "The battle of life" is too often fought with almost overwhelming anxieties and disappointments, or with much mental and bodily wear and tear, and the digestive organs are often the first to suffer.

REMEDIES.—The use of medicines, and the observance of such rules and habits as are suggested a little further on, must ever go hand-in-hand; for the former, however carefully selected, will alone be unavailing in the end.

Nux Vomica. — Distention, tenderness, and fulness of the stomach after meals; heartburn, sour acid eructations; flatulence; hiccough; frequent vomiting of food and bile; sour or bitter taste in the mouth; confused head, as after intoxication; sleepy feeling after a meal, and incapacity for mental or physical exertion (also *Lyc.*); sallow complexion; frequent but ineffectual urging to stool. *Nux Vom.* is particularly indicated for too studious or anxious persons, of a dark or bilious complexion, who take too little open-air exercise, eat too much, or drink alcoholic liquors. A tendency to Piles is a further indication for this remedy, as also for *Sulphur*, which should then follow it.

Pulsatilla.—Disposition to mucous derangements; *heartburn*, with acid, bitter, or putrid taste; thickly-coated whitish tongue; nausea; frequent mucous evacuations, chiefly at night, with little pain; indigestion from greasy or flatulent food. *Puls.* is generally best suited to women, or to mild, timid persons.

Bryonia.—Aversion to food and craving for stimulants; waterbrash or eructations after eat-

ing; pressure and a *sensation as of a weight or stone in the stomach;* colicky pains; *stitch-like pains*, extending from the pit of the stomach to the shoulder-blades; torpor of the bowels; irritability.

Lycopodium.—Indigestion of weakly patients; *delayed digestion;* sleepiness after meals, specially after dinner; *abdominal flatulence;* torpid action of the bowels.

Ant.-Crud.—*Loaded mucous membrane*, causing slow digestion with fermentation; *nausea*, or *vomiting of mucus or bile; foul eructations*, or tasting of the food; *flatulence of a fœtid* odour, soon reproduced; alternate constipation and diarrhœa; hawking, and expectoration of phlegm; milky-white, thickly-coated tongue; irritability of the bladder, with mucous deposit; pimples on the face, sores on the lips or nostrils, pustular eruptions, chilblains, or other *concurrent skin affections.*

Kali Bich.—Thickly-coated *yellowish* tongue; bitter taste, nausea, and sour eructations; tardy digestion.

China.—Indigestion *from exhausting discharges*,

or from residence in an *aguish district*, with a feeling of sinking, relieved by food, but soon returning; or simple, generally painless diarrhœa, leaving the patient exhausted.

Ipecacuanha.—Simple *retching and vomiting* from gastric disturbance, without inflammation of the stomach or any grave affection of the mucous membrane.

Hepar Sulphuris.—Chronic indigestion, when *nearly all kinds of food disagree*; also if *Mercury* has been used in excess.

Sulphur.—As an intercurrent remedy, when only partial relief has followed the use of other remedies; also in chronic cases. It is more particularly required in *indigestion* following or associated with *eruptions, Piles, and Constipation.*

See also the Sections on "Headache," "Sick-headache," etc.

Accessory Measures.—Dyspeptics should correct all improper habits, pay strict attention to the quality and quantity of food, and the hours at which it is taken. Directions for particular cases cannot be given, as what suits the constitution and circumstances of one may

breath, especially in the morning; confined or relaxed bowels; heartburn; pain, weight, and inconvenience or fulness after a meal; headache; palpitation; and other symptoms.

CAUSES.—Excessive eating; too short an interval between meals; irregularities in diet; food of a heavy, indigestible, fat, sour, flatulent, or bad quality; eating too quickly; imperfect mastication; warm and relaxing drinks; spirituous liquors, tobacco, or the excessive use of tea or coffee; purgative drugs; too little out-of-door exercise; excessive bodily or mental exertion; late hours; exposure to cold and damp, etc. Business, or family cares and anxieties, are also frequent causes of Dyspepsia. "The battle of life" is too often fought with almost overwhelming anxieties and disappointments, or with much mental and bodily wear and tear, and the digestive organs are often the first to suffer.

REMEDIES.—The use of medicines, and the observance of such rules and habits as are suggested a little further on, must ever go hand-in-hand; for the former, however carefully selected, will alone be unavailing in the end.

to industrial pursuits; a light repast is best in the middle of the day, making the principal meal at six or seven in the evening, when the work of the day is finished. Heavy meals in the hours of physical labour, without sufficient rest, is almost certain, eventually, to lead to Indigestion.

In the list of articles to be avoided by the dyspeptic, we particularly notice the following: Hard, dried meats; veal, pork, sausages, salmon, lobsters, crabs, cheese, pastry, flavoured soups, new-baked bread; too much tea or coffee, or any other liquid, and all substances known to disagree. Generally, malt liquors, wines, and spirits, are injurious; certainly they are never necessary in health.

One of the most common causes of Indigestion is, the existence of *carious teeth*, by preventing due mastication of the food. This is often the sole cause of Indigestion, and in all cases it cannot but aggravate dyspeptic symptoms originating elsewhere. The earliest signs of decay should, therefore, be corrected by appropriate medicines, and by avoiding all causes which tend to impair the integrity of the teeth. Tho-

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Hepar Sulphuris.—Chronic indigestion, when *nearly all kinds of food disagree ;* also if *Mercury* has been used in excess.

Sulphur.—As an intercurrent remedy, when only partial relief has followed the use of other remedies ; also in chronic cases. It is more particularly required in *indigestion* following or associated with *eruptions, Piles, and Constipation.*

See also the Sections on "Headache," "Sick-headache," etc.

Accessory Measures.—Dyspeptics should correct all improper habits, pay strict attention to the quality and quantity of food, and the hours at which it is taken. Directions for particular cases cannot be given, as what suits the constitution and circumstances of one may be

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breath, especially in the morning; confined or relaxed bowels; heartburn; pain, weight, and inconvenience or fulness after a meal; headache; palpitation; and other symptoms.

CAUSES.—Excessive eating; too short an interval between meals; irregularities in diet; food of a heavy, indigestible, fat, sour, flatulent, or bad quality; eating too quickly; imperfect mastication; warm and relaxing drinks; spirituous liquors, tobacco, or the excessive use of tea or coffee; purgative drugs; too little out-of-door exercise; excessive bodily or mental exertion; late hours; exposure to cold and damp, etc. Business, or family cares and anxieties, are also frequent causes of Dyspepsia. "The battle of life" is too often fought with almost overwhelming anxieties and disappointments, or with much mental and bodily wear and tear, and the digestive organs are often the first to suffer.

REMEDIES.—The use of medicines, and the observance of such rules and habits as are suggested a little further on, must ever go hand-in-hand; for the former, however carefully selected, will alone be unavailing in the end.

bowels, and lumps of hardened fæces—*scybalæ*. In hot climates the attacks are acute and violent, the pain being very severe around the navel and at the bottom of the back. The bladder often sympathises with the rectum, exciting frequent efforts to pass water.

CAUSES.—Exposure to sudden and extreme changes of temperature, as from the heat of day to the cold and damp of night; insufficient protection from cold and wet, as sleeping on the ground; intemperance; a poor or irregular diet. It is, therefore, often epidemic among people reduced by privation, particularly soldiers in camps. The effluvia from dysenteric evacuations are infectious, and consequently may be a cause of spreading the disease; they should therefore be disinfected and immediately removed, or, if convenient, buried.

REMEDIES.—*Aconitum*.—If *febrile symptoms* are well marked, the early use of this remedy will often arrest the disease at its onset. It should be administered several times, at short intervals.

Mercurius Corrosivus.—Bloody evacu-

breath, especially in the morning; confined or relaxed bowels; heartburn; pain, weight, and inconvenience or fulness after a meal; headache; palpitation; and other symptoms.

CAUSES.—Excessive eating; too short an interval between meals; irregularities in diet; food of a heavy, indigestible, fat, sour, flatulent, or bad quality; eating too quickly; imperfect mastication; warm and relaxing drinks; spirituous liquors, tobacco, or the excessive use of tea or coffee; purgative drugs; too little out-of-door exercise; excessive bodily or mental exertion; late hours; exposure to cold and damp, etc. Business, or family cares and anxieties, are also frequent causes of Dyspepsia. "The battle of life" is too often fought with almost overwhelming anxieties and disappointments, or with much mental and bodily wear and tear, and the digestive organs are often the first to suffer.

REMEDIES.—The use of medicines, and the observance of such rules and habits as are suggested a little further on, must ever go hand-in-hand; for the former, however carefully selected, will alone be unavailing in the end.

Nux Vomica. — Distention, tenderness, and fulness of the stomach after meals; heartburn, sour acid eructations; flatulence; hiccough; frequent vomiting of food and bile; sour or bitter taste in the mouth; confused head, as after intoxication; sleepy feeling after a meal, and incapacity for mental or physical exertion (also *Lyc.*); sallow complexion; frequent but ineffectual urging to stool. *Nux Vom.* is particularly indicated for too studious or anxious persons, of a dark or bilious complexion, who take too little open-air exercise, eat too much, or drink alcoholic liquors. A tendency to Piles is a further indication for this remedy, as also for *Sulphur*, which should then follow it.

Pulsatilla.—Disposition to mucous derangements; *heartburn*, with acid, bitter, or putrid taste; thickly-coated whitish tongue; nausea; frequent mucous evacuations, chiefly at night, with little pain; indigestion from greasy or flatulent food. *Puls.* is generally best suited to women, or to mild, timid persons.

Bryonia.—Aversion to food and craving for stimulants; waterbrash or eructations after eat-

ing; pressure and a *sensation as of a weight or stone in the stomach;* colicky pains; *stitch-like pains,* extending from the pit of the stomach to the shoulder-blades; torpor of the bowels; irritability.

Lycopodium.—Indigestion of weakly patients; *delayed digestion;* sleepiness after meals, specially after dinner; *abdominal flatulence;* torpid action of the bowels.

Ant.-Crud.—*Loaded mucous membrane,* causing slow digestion with fermentation; *nausea,* or *vomiting of mucus or bile; foul eructations,* or tasting of the food; *flatulence of a fœtid* odour, soon reproduced; alternate constipation and diarrhœa; hawking, and expectoration of phlegm; milky-white, thickly-coated tongue; irritability of the bladder, with mucous deposit; pimples on the face, sores on the lips or nostrils, pustular eruptions, chilblains, or other *concurrent skin affections.*

Kali Bich.—Thickly-coated *yellowish* tongue; bitter taste, nausea, and sour eructations; tardy digestion.

China.—Indigestion *from exhausting discharges,*

or from residence in an *aguish district*, with a feeling of sinking, relieved by food, but soon returning; or simple, generally painless diarrhœa, leaving the patient exhausted.

Ipecacuanha.—Simple *retching and vomiting* from gastric disturbance, without inflammation of the stomach or any grave affection of the mucous membrane.

Hepar Sulphuris.—Chronic indigestion, when *nearly all kinds of food disagree*; also if *Mercury* has been used in excess.

Sulphur.—As an intercurrent remedy, when only partial relief has followed the use of other remedies; also in chronic cases. It is more particularly required in *indigestion* following or associated with *eruptions, Piles, and Constipation.*

See also the Sections on "Headache," "Sick-headache," etc.

Accessory Measures.—Dyspeptics should correct all improper habits, pay strict attention to the quality and quantity of food, and the hours at which it is taken. Directions for particular cases cannot be given, as what suits the constitution and circumstances of one may be

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3. The *Tænia Solium*, or tape-worm, is nearly white, flattened, and of a jointed structure; it attains a great length, even many yards, by repetition of the joints; and exists both in adults and children. The *symptoms* being masked, its presence is often unsuspected until portions are passed in the motions, the head still remaining. There is seldom more than one worm present at a time, yet each joint possesses an ovary, and its eggs are millions, but they are discharged with fæces, and devoured by unclean animals—swine, ducks, and rats; in these creatures they become developed, but not necessarily into tape-worms, for they appear to go through several generations before returning to the jointed form. They are probably introduced into the human body by eating unwholesome animal food, especially measly pork or tripe, and sausage-skins, improperly cooked. The ova sometimes reach the circulation, and in the liver or other organs are developed into encysted *Entozoa*, commonly called *Hydatids*.

GENERAL SYMPTOMS OF WORMS.—Sudden changes in the colour of the face; dark semi-

circles under the eyes; copious flow of saliva; nausea; insipid, acid, or fœtid odour of the breath; a voracious, alternating with a poor, appetite; itching of the anus; talking, and grinding the teeth during sleep; thick and whitish urine; tightness and swelling of the lower part of the abdomen; frequently emaciation; and, sometimes, convulsions or delirium. Perhaps the only certain sign is the presence of worms in the stools, or in the matter vomited.

TREATMENT.—*Aconitum.*—At bed-time, for fever, restlessness, and burning itching at the anus.

Cina.—A valuable remedy for the condition producing thread-worms or round-worms, with the following symptoms:—Boring at the nose, livid circles round the eyes, tossing about, or calling out suddenly during sleep, Epilepsy or Convulsions, nausea and vomiting, griping, itching at the anus, and white and thick urine, sometimes passed involuntarily.

Mercurius.—Diarrhœa, slimy stools, distention of the abdomen, difficult teething, and augmented secretion of saliva.

Nux Vomica.—For both thread- and round-worms, hard stools, and after indigestible food.

Ignatia.—Intense itching at the seat, nervousness, epileptiform attacks, etc., especially in mild, sensitive persons.

Sulphur.—For worm-colic, and after the prominent symptoms have disappeared, to complete the cure.

Calcarea.—In patients having a hereditary predisposition to worms, with scrofulous symptoms, and after discontinuing other remedies.

In addition to the treatment here prescribed, the tape-worm requires other remedies, and often in large doses. The Oil of male fern, given fasting, is generally necessary.

ACCESSORY MEANS.—The food should be simple, easy of digestion, and taken only at regular hours; underdone vegetables, pastry, malt liquor, sugar, sweetmeats, and sweet-made dishes, should be strictly avoided. Salt, as a condiment, should be taken with the food; it assists digestion and poisons the worms. A draught of spring-water should be swallowed on rising, and the whole body, the abdomen

in particular, bathed with cold water in the morning, and afterwards rubbed till the whole skin is in a glow; daily exercise taken in the open-air; also injections, as follow.

INJECTIONS.*—These are useful as means for expelling the worms, and partly to prevent their re-formation; half a pint or more of tepid water, in which a spoonful of common salt has been dissolved, once or twice repeated, will often suffice to relieve a patient thus troubled. It is better administered at bed-time. Afterwards, a simple cold or tepid injection should be used regularly about three times a week, for three or four months, to wash away the slime in which the ova exists. But the general and medicinal treatment only can be relied upon for correcting the health and preventing their re-formation and future development.

53.—Diarrhœa—Looseness of th Bowels—Purging.

Common Diarrhœa is a functional disorder,

* See also p. 243.

consisting of frequent liquid fæcal evacuations, without inflammation of the intestines.

CAUSES.—Unusual, excessive, acrid, or indigestible food, especially unripe or decaying raw fruits; pork, veal, etc.; putrid or diseased animal food; atmospheric influences; fatigue; suppressed eruptions; mental emotions; etc.

Diarrhœa is often a symptom of other diseases, as Hectic and Phthisis, when it is called *colliquative* Diarrhœa, because it appears to *melt down* the substance of the body; the Diarrhœa of Enteric fever; bilious Diarrhœa, from excessive flow of bile, as in hot weather, or after passing a gall-stone; and serous Diarrhœa, with watery discharge. Looseness of the bowels is also a very common precursor of Cholera, when that disease is epidemic.

When Diarrhœa arises from indigestion or dissipation, it may be regarded as an effort of nature to expel substances which might otherwise give rise to more serious disturbances.

TREATMENT.—*Camphor.*—In *sudden* and *recent* cases, with chilliness, *shivering*, *cold creeping of the skin*, severe pain in the stomach and bowels,

cold face and hands, and *cramps in the legs or stomach.* Two drops on a small piece of loaf sugar, every twenty or thirty minutes, for three or four times; if ineffectual, it should then be discontinued.

Ant.-Crud.—Watery diarrhœa, with *white furred tongue*, disordered stomach, *nausea*, and *eructations.*

Pulsatilla.—Mucous Diarrhœa, occurring chiefly at night, with little pain; the tongue is coated with a whitish fur; the taste is diminished or altered, and, generally, nausea, foul or acrid eructations, etc. *Puls.* is curative in Diarrhœa from fat or rich food.

China.—Simple summer Diarrhœa; little pain, food passes imperfectly digested.

Mercurius.—Green or clay-coloured stools.

Dulcamara.—Catarrhal Diarrhœa, watery or yellowish, with little or no pain, traceable to damp, particularly in the summer and autumn.

Veratrum.—Choleraic Diarrhœa, with copious watery discharges, occurring in gushes, and accompanied with severe vomiting, debility, etc.; involuntary Diarrhœa.

Arsenicum. — Diarrhœa accompanied or ushered in by vomiting, with great heat of the stomach, ascending to the throat; a burning sensation attending the discharge of the motions; griping watery stools; coldness of the body, pallid and sunken face, and great prostration. It is chiefly suited to chronic Diarrhœa, with symptoms indicating organic disease.

Administration.—A dose every one, two, or three hours, according to the violence of the symptoms, or after every motion, until relieved.

ACCESSORY MEANS.—Rest in the *recumbent* posture; warmth to the extremities; and avoidance of sudden changes of temperature. Individuals subject to Diarrhœa from slight causes, and having a feeling of coldness about the body, should wear a flannel roller around the abdomen. Night air and late hours predispose to attacks. Except in severe cases, moderate out-of-door exercise should be taken daily. Mental excitement and physical excesses of every kind should be avoided.

DIET.—Food should be given cool and sparingly, consisting of light non-irritating sub-

stances,—sago, tapioca, milk, arrowroot, baked rice-puddings, white fish, etc.; bland drinks; no coffee, spices, acids, eggs, fruit, or stimulants should be allowed.

54.—Diarrhœa in Children.

Healthy infants have usually two or three motions in twenty-four hours. If the discharges become much more frequent, unnatural in colour, watery, and accompanied with pain, medical treatment is necessary. Depending, moreover, as it often does, on functional causes only, it well repays our careful attention.

Chamomilla.—Diarrhœa during teething, or from cold, with *colic*, crossness, and restlessness; greenish, watery, bilious, frothy, and offensive motions, with pinching pains, and fretfulness.

Ipecacuanha.—Summer Diarrhœa (see also under *China*, p. 212), with vomiting; Diarrhœa from overloading the stomach.

Pulsatilla.—Loose, greenish, bilious motions, with flatulence or griping, from indigestion, especially in fair and delicate children.

Merc., *Calc.-Carb.*, or *Rheum*, may be require

Administration.—See the previous Section.
See also under *Teething*, *Worms*, and *Thrush*.

55.—Colic (*Enteralgia*).

Symptoms.—Severe twisting, griping, tearing pain about the navel, recurring in paroxysms, but relieved by pressure, so that the patient lies on his belly, pressing his abdomen with his hands, writhing in agony. There is a frequent desire to relieve the bowels, but often nothing passes except a little flatus. Febrile symptoms as in inflammation of the intestines (*Enteritis**), are absent, and the pulse is not quickened, unless it becomes so from anxiety. The symptoms abate when vomiting, eructation, or a discharge from the bowels takes place.

Causes.—Cold; a mass of heterogeneous, acrid, indigestible food; worms; constipation. A condition resembling Colic may also arise from stricture of the intestines (*intus-susception*). *Painters' Colic** arises from the poison of lead.

Treatment. — *Colocynthis.* — *Violent pains,*

* See the *Vade Mecum of Modern Medicine and Surgery.*

compared to stabbing or clawing, with flatulence and Diarrhœa.

Nux Vomica.—From indigestible food, suppressed period, or during pregnancy, with severe contracting pains low in the abdomen and relieved by pressure, ineffectual efforts to relieve the bowels, or alternate constipation and relaxation.

Chamomilla.—Particularly suitable for children. See the symptoms in the preceding Section.

Cina.—Colic from thread-worms.

ACCESSORY MEANS.—An injection of a pint of tepid water by means of the enema apparatus (p. 243), often gives immediate relief. Applications of heat to the abdomen, or a warm bath, are also useful measures. Persons subject to Colic should avoid food of a flatulent character, not take too much liquid, nor fast too long, should wear flannel round the abdomen, and keep the feet dry.

56.—Constipation—Confined Bowels.

A tendency to costiveness, or sluggish action of the bowels, is not so grave a symptom as many

persons suppose it to be; indeed, individuals thus predisposed generally live long, unless they injure themselves by purgatives, while those who are subject to frequent attacks of Diarrhœa are soon debilitated, and often become prematurely old. The common idea that aperients contribute to health, not only in sickness, but also occasionally in health, and that impurities are thereby expelled from the body, is most erroneous and mischievous.

This may be easily demonstrated. Let purgatives be taken for a week, and however good may have been the state of health previously, at the termination of this period all sorts of impurities will be discharged, especially after taking *jalap* and *calomel*. As this is an invariable result, even in the case of those who have never been ill, it proves that impurities are produced by those drugs.

In sickness purgatives are also most injurious. Disease weakens the whole system; "the bowels, therefore," writes Dr. YELDHAM, "in common with the legs, the arms, the stomach, the brain, and every other organ, partake of the general debility, and become deprived of that power by which, in a state of health, they are en-

abled to discharge their proper functions. Why should they, more than the other organs, be impelled to the performance of a duty to which, at the time, they are totally unequal?

"Again, under the process of disease, the whole vital power is devoted to the struggle which is going on in the affected part. The attention to the system is, as it were, drawn off as well from the bowels as from every other organ not immediately engaged in the contest. On this account also they remain quiescent; and any interference with that quietude, by diverting the vital energy, weakens that force which nature requires to be undivided, to enable her to conduct her combat with disease to a successful issue—an additional reason why purgatives should be avoided.

"Constipation is an *effect*, not a *disease;* if it were, there might be some show of reason in the use of aperients. But being merely a temporary loss of power, we can no more restore that power by *forcing* the action of the bowels, than we can impart strength to a weakened leg by *compelling* it to walk. In the latter instance, we should instinctively rest the part, until, by the removal of the disease, motion might be resumed. The same reasoning applies with equal force to the removal of Constipation. The exercise of a little patience, and the employment of judicious means for the eradication of that disordered condition on which the inaction depends, will as infallibly restore the bowels to their duty, as in every other instance the effect must cease when the cause is removed."

CAUSES.—Sedentary habits; dissipation; an improper quality of food, especially the too exclusive use of bread without vegetables; the use of superfine flour; the adulteration of bread by alum;* mental anxiety; diseases of the liver; exposure to the action of lead, as in painters; mechanical obstruction from Scirrhus, Polypi, and other tumours, Hernia, Stricture of the rectum, etc.; inflammatory disease of the intestines, brain, or spinal cord, or their membranes. But a frequent cause of Constipation is loss of tone of the mucous lining of the bowels from the habitual use of purgatives. Many persons take a purgative once a week, the primary effect of which is a sort of Diarrhœa, but the secondary effect is Constipation.

An important point will be gained if we can bring persons to consider Constipation simply as a result of other causes, and a want of balance in the general system; and when measures shall be directed to the correcting of this condition as the only rational means of curing Constipation.

* According to the public journals, alum is not only largely, but commonly used to improve the appearance of inferior flour.

CONSTIPATION AND OLD AGE.—Daily evacuation, which, perhaps, should be the rule in youth and middle life, is often an excess in advanced life, when thrice or even twice a week is often sufficient. It is desirable that this physiological fact should be known, as old persons often trouble themselves needlessly on this point. The chief evil of the condition lies in the nervous anxiety it occasions.

TREATMENT.—If headache, dry tongue, hot skin, etc., co-exist with Constipation, one of the following remedies may be selected.

Nux Vomica.—Frequent *ineffectual inclination* to stool; *irregular* action of the bowels; Constipation, with nausea and sickness in the morning, distention and heaviness in the stomach, ill humour, fulness or pain in the head, uneasy sleep, etc. It is suited to Constipation *following intoxicating drinks*, eating too much or too great a variety of food at one time; over-study, and sedentary habits. It is especially suitable to patients of a dark bilious temperament.

Bryonia.—*Torpor* of the bowels (thus differ from the ineffectual or irregular action indicat

the previous remedy); Constipation, with chilliness, headache, and irritability, or associated with *Rheumatism*, or heat of the weather.

Opium.—Constipation from a general *paralytic condition*, leading to inertia of the intestines; obstinate Constipation with a feeling as if the anus were closed; hard, lumpy motions; headache, dizziness, dry mouth, thirst, listlessness, and dusky face; also in chronic cases, from too little out-of-door exercise. Especially adapted to the *aged*.

Lycopodium.—Itching and tightness of the anus; rumbling and *flatulence in the abdomen*; waterbrash; heartburn; the bowels feeling warm, dry, and distended.

Sulphur.—Habitual costiveness, *Piles*, burning and *itching of the anus*, etc. It is also valuable as an intercurrent remedy, and frequently aids the action of *Nux Vom.*

Accessory Measures.—No medicines can be of permanent benefit if the bad habits which led to the Constipation are persisted in. Moderate walking exercise is useful, particularly in the morning in the country. Water (see p. 46)

is an extremely valuable adjunct, both for internal and external use. Cold baths, especially the shower and the sitz, are strongly recommended as being easy of application. The *wet compress* at night is often an invaluable remedy; also *injections*, as recommended further on. *Regularity* in attending to the calls of nature is important; the best time to solicit the bowels to act is the morning, usually after breakfast. By fixing the mind on this operation for a few days, the bowels will generally respond, and Constipation be sometimes removed by attention to this point alone.

DIET.—Meals should be taken with regularity, animal food eaten sparingly, but vegetables and ripe fruit freely. Peas, pea-soup, hard eggs, boiled rice, boiled milk, coffee, strong or green tea, claret, port wine, spirits, highly-seasoned food, and *late* suppers should be avoided; roasted apples, stewed figs, and prunes and tamarinds, may be taken. Oatmeal porridge, with treacle, may be taken for breakfast; and *brown bread should be preferred to white.* If brown br be not eaten exclusively, a little should be te

with nearly every meal; its effects will thus be more uniformly exerted through the alimentary canal than if only taken occasionally.

INJECTIONS.—In obstinate and protracted Constipation, and when the lower bowel is obstructed with fæcal matter, either in too large masses or too hard and dry for discharge, and if the means before suggested prove ineffectual, the enema may be used as a certain means of obtaining the desired relief, while it reduces the temperature of the rectum, and removes the sensation of congestion. At the same time, the use of the enema does not interfere with the administration of any homœopathic remedy necessary to cure the disease, of which the Constipation is a symptom. The injection should consist of a pint or more of water, according to the portion of the bowel where the accumulation exists, and should be *slowly* injected up the rectum by means of an enema apparatus. On commencing to use injections, the temperature of water for this purpose should not be lower than 72°, and gradually reduced to 64°. Unirritating in its operation, and acting directly on the seat of ob-

struction, an injection is greatly preferable to deranging the whole alimentary tract with strong drugs, which, after the unnatural excitation has subsided, only settle back into a state of greater debility and torpor than before.*

57.—Piles (*Hæmorrhoids*).

These consist of small tumours, sometimes outside (*external Piles*) and sometimes within (*internal Piles*) the opening of the lower bowel, either with or without bleeding. They vary in number, from one small intensely painful swelling, to numbers clustering together like a bunch of grapes. These swellings are attended with pricking, itching, shooting, throbbing, burning, or pressive pains, increased on going to stool, and sometimes with dull pains in the loins. Blood is often passed with the evacuations, sometimes only in drops, but at other times in considerable and even alarming quantities.

* Persons desiring fuller instructions on this subject are referred to an able article on "Constipation and the use of the Enema," by Dr. Wilde, in *H. World*, vr pp. 3-8.

CAUSES. — Obstinate Constipation; drastic purgatives; heating and stimulating food or drink; a luxurious life; sedentary habits; pressure of the enlarged womb upon the vessels of the pelvis during pregnancy; *sitting on cold stones, damp grass, or on warm or soft cushions; excessive boat or horse-exercise; over excitement of the sexual organs; or whatever causes a relaxed state of the mucous membrane or hinders the return flow of blood from the lower bowel.

TREATMENT.—*Nux Vomica.*—Valuable in almost every form of Piles, especially if associated with sedentary habits, confined bowels, or the use of intoxicating drinks, strong coffee, etc. See also *Sulph.*

Sulphur.—Chronic Piles, from abdominal plethora, especially when associated with Constipation. The evacuations are often mixed with blood; there is great pain, and the tumours protrude considerably, and are pushed back with difficulty; also with itching and burning of the anus, and smarting pain in passing water. *Sulph.*

* For the treatment of Piles during Pregnancy, see the *Lady's Manual of Homœopathic Treatment.*

is often alternated with *Nux*, the latter administered at night and the former in the morning; or *Sulph.* may follow *Nux* to complete the cure.

Belladonna.—Relieves throbbing and bleeding, and lessens congestion to the brain in apoplectic subjects.

Arsenicum.—A *burning sensation* as from hot needles, and general *prostration.*

Aconitum.—Profuse discharges of blood, throbbing and *inflammatory symptoms* in the parts.

Additional Remedies.—Ham., Æsculus, Aloes.

Diet and Accessory Means. — Patients should avoid highly-seasoned dishes, coffee, peppers, spices, alcoholic beverages, and all kinds of indigestible food. Light animal food, properly cooked vegetables and ripe fruits, form the most useful diet. Sedentary habits, too much standing, and the use of cushions and feather-beds, are prejudicial. The pain attending *blind-piles* may be relieved by ablution with cold water, or with tepid water, or tepid vinegar and water in equal proportions, if that be more agreeable. *Bleeding-piles* may be

by drinking half a tumbler of cold water, and then lying down for an hour. The *horizontal posture* should be maintained as much as possible, especially for ten or fifteen minutes after an evacuation; this gives great relief, and favours recovery. An occasional injection of about half a pint to a pint of water up the lower bowel, by means of the enema apparatus, acts most beneficially, by constricting the blood-vessel, softening the fæces, and obviating straining at stool. The *wet compress* is also recommended preventively, directly the first symptoms are noticed; and also curatively, with the other means pointed out.

58.—Protrusion of the Bowel (*Prolapsus Ani*).

CAUSES.—This complaint is occasioned by long-continued Constipation or Diarrhœa, purgatives, straining at stool, the irritation of worms, laxity and delicacy of constitution, or like causes. Although not confined to children, it is most frequent in them.

TREATMENT.—*Ignatia.*—This remedy is often

specific and sufficient, and is generally the first to be used. A dose thrice daily, for two or three days; afterwards morning and night.

Nux Vomica.—Prolapsus, with costiveness and straining at stool.

Mercurius.—Itching, discharge of yellowish mucus, Diarrhœa, and hard swollen abdomen.

Lycopodium.—Obstinate cases, and when other remedies only partially cure.

Sulphur.—For similar conditions.

Accessory Means.—When the bowel protrudes, it should be reduced by placing the child across the lap, and making pressure on the protruded part with the fingers, previously lubricated with oil, and carried beyond the contracting ring of the muscle around the anus. Bathing the parts with cold water every morning, and injections of water, are useful. The action of the bowel in the evening, just before going to bed, should be encouraged, or the child should lie down on its back for half an hour with the legs raised after each motion. A soft pad of lint, kept on the anus by a bandage, will facilitate cure. The diet should

be wholesome and unstimulating. A weak dilution of *Calendula* will relieve soreness.

59.—Biliousness.

What are popularly called "Bilious attacks," and supposed to be due to derangements of the liver, are almost invariably symptoms arising from, and common to, Indigestion, such as—furred tongue, vomiting of bile, giddiness, sick-headache, etc. One of the following remedies, according to the particular symptoms, with a restricted diet for twenty-four hours, and cold water *ad libitum*, will usually suffice to cure an attack:—*Nux Vom.*, *Puls.*, *Iris*, *Kali Bich.*, *Ipec.*, *Bry.*, *Merc.*, *Verat.*, or *Ars.* The whole Section on Indigestion should be consulted.

60.—Jaundice (*Icterus*).

Symptoms.—Yellow tinge of the white-of-the-eyes, and skin; the perspirations staining the linen; bitter taste; light or clay-like motions, Constipation, or, especially in children, Diarrhœa; scanty and high-coloured urine, staining the linen yellow, depositing thick sediment;

slow pulse; dejection of spirits; and, often, febrile symptoms.

When there is an obstruction from a *gall-stone*, the sufferings are most acute; the pains come on in paroxysms, often with vomiting and hiccough.

CAUSES.—Interruption of the biliary functions, or obstruction to the elimination of bile, so that it again enters the circulation. The condition may be due to the impaction of a gall-stone, organic disease of the liver, atmospheric changes, unrestrained fits of passion, dietetic errors, dissipation, etc.

TREATMENT.—*Mercurius.*—This is a valuable remedy, especially after the inflammatory symptoms have been modified by *Acon.* A dose every three or four hours.

China.—This is preferable for patients who have been drugged by allopathic doses of *Mercury.*

Chamomilla.—Jaundice in passionate or fretful patients, especially children.

Nux Vomica.—Jaundice, with costiveness, sensitiveness in the region of the liver, and con-

nected with sedentary habits or indulgence in alcohol. This medicine following *Merc.* will give relief to all cases that are not caused by organic disease or gall-stone.

Other remedies are often necessary, but domestic treatment should never be trusted to when professional can be obtained.

Accessory Means.—Cold water, to appease thirst; extract of meat, *toasted* bread, scalded with hot sweetened water and a little sugar; roasted apples. Spongio-piline, or flannel, wrung out of hot water, relieves pain.

CHAPTER VII.

DISEASES OF THE URINARY SYSTEM.

61.—Difficulty in Urinating (*Strangury*).

This condition often arises from causes similar to those which produce incontinence of urine, and requires nearly the same remedies. It is a symptom of many diseases, is often extremely painful, and life may even be jeopardised. The treatment should, therefore, if possible, be confided to a homœopathic physician.

TREATMENT. — *Aconitum.* — Inflammatory symptoms, often in alternation with some other remedy.

Camphor.—Spasm at the neck of the bladder, especially if caused by *Cantharides;* a drop on a piece of loaf sugar every fifteen minutes for three or four times.

Cantharis.—Urging, with cutting pains.

Nux Vomica. — Painful ineffectual urging, from the use of wine or spirits, *spasmodic stricture.*

Sulphur.—Cases complicated with Piles.

Arnica.—Retention from a blow or fall, or other mechanical injury, or from the irritation of Calculi.

ACCESSORY MEANS.—The introduction of the catheter, so often resorted to under old-school treatment, is frequently superseded by our more efficient remedies; still it may be necessary in some cases, and requires professional skill. External applications—warm baths, hot or cold cloths, fomentations, and injections—greatly aid the action of the medicines. Relief may often be obtained by directing the patient to step *suddenly*, with naked feet, on to the cold floor, or

into cold water, or a sponge, saturated with cold water, may be suddenly applied over the region of the bladder. A simple and often successful method is to plunge the hands deeply into *cold* water, and move them about as in the act of washing. The diet must be sparing, and in severe cases restricted to demulcent drinks, such as gum-water, barley-water, and gruel.

62.—Incontinence of Urine (*Enuresis*).

In this disease there may be partial or entire loss of power to retain the urine in the bladder, with frequent urging. The muscular fibres of the bladder are overstrained and lose their expulsive power, so that the bladder remains filled and overflows in constant dribbling.

CAUSES.—Paralysis of the muscular fibres which surround the neck of the bladder, from injuries, tedious and protracted labours, the pressure of tumours, calculous deposits, syphilitic diseases, the irritation of worms, etc.

TREATMENT. — *Cantharis.* — Acute inflammation of the urinary organs, with irresistible desire to urinate, and discharge of only a few drops of bloody, acrid urine.

Gelseminum.—Involuntary urination from a relaxed or paralytic condition of the neck of the bladder.

Mercurius. — Incontinence from Cold, or Syphilis.

Nux Vomica.—Urine retained with difficulty or passed involuntarily, from irritability consequent on the use of alcohol.

Acon., *Bell.*, *Calc.*, *Caust.*, *Lyc.*, and *Sulph.*, are additional remedies in our list often required.

63.—Wetting the Bed (*Enuresis Nocturna*).

CAUSES. — *Irritation of Worms;* too large a quantity of fluids, especially if taken warm and in the evening; improper food or drink, giving rise to *acrid urine; constitutional weakness.* The cause is often obscure, and generally requires professional treatment.

TREATMENT.—*Cina.*—Enuresis from worms.

Belladonna. — Irritability of the urinary organs, without any irritating property in the urine, especially in sensitive children with too-active brains.

Acon., *Gels.*, *Canth.*, and *Nux Vom.*, are additional remedies. See the previous Section.

ACCESSORY MEANS.—All sharp, salty, and sour articles, malt liquors, spirits, tea, and coffee, should be avoided. Meat in moderate quantities, but little fruit, and no flatulent food. Milk-and-water, or cocoa, may be taken in the morning, but nothing hot towards evening. Cold water and mucilaginous drinks may be taken in moderation, as they diminish the sharpness of the urine. The patient should sleep on a hard mattress, with light covering, take exercise in the open-air, and have shower-baths or daily ablutions with *cold* water. The whole process of ablution, including drying with a large towel, should not occupy more than five or six minutes. The bladder should be invariably emptied before getting into bed, and sleep after waking up in the morning should not be indulged in.

64.—Spermatorrhœa—Involuntary Emissions.

In the early editions of this Manual, the subject of this Section has been incidentally mentioned under one or two medicines in the Materia

Medica; and in the fifteen years that have now elapsed since the first edition was published, the author has been consulted by many hundred persons, in various parts of the kingdom, suffering from seminal weakness, proving that the evils of this affection are wide-spread as well as serious. The author's practice and correspondence with patients lead him to conclude that the disease is much overlooked or underrated by medical men generally; although, probably, in some cases his treatment has been adopted from an indisposition to refer personally to a medical man in the patient's neighbourhood on such a subject.

Causes.—The discharge alluded to generally occurs as the result of a bad habit—*self-abuse*, either accidentally acquired, or learned from associates, especially in schools, and continued under the influence of a morbid imagination, and often in ignorance of the consequences of the vicious practice. Other causes may be—unhealthy condition of the urethra, or of the rectum; a too long or narrow prepuce, causing irritation from the retention of the secretions; sexual excesses: frequent excitation of the sexual pas-

sion; irritation from worms, Piles, or excessive horse-exercise; disease of the brain or spinal marrow; etc.

EFFECTS.—The effects of Spermatorrhœa are —depression of spirits, often very marked; loss or weakness of memory and of the senses; indigestion, with oppression after food, flatulence, constipation, headache, etc.; sunken eyes, and loss of the healthy tints of the lips and face, the patient looking older than his years. When indulgence in the habit has been long-continued, the effects, which need not be here particularised, are more serious and general. Happily a course of judicious treatment is sufficient in nearly every case to effect a cure.

TREATMENT.—The treatment, both medical and hygienic, must be varied in almost every instance, and include all available methods for establishing the constitutional strength, soothing local excitement and irritability, and forming healthy habits both of the mind and body.

No treatment can be successful unless the bad habit be utterly relinquished.

The *Medical* treatment involves the adminis-

tration of homœopathic remedies (only two or three are described in this work—*China*, *Phosphorus*, etc.), the selection and the doses of which can only be determined by the local and general symptoms of individual cases. An important feature in the medical treatment should be the correction of any concurrent affection from which the patient may suffer.

The *Hygienic treatment* involves influences of wide extent, and embraces the commercial, social, and moral relationships of the patient, occupation, recreation, books, meals, sleep, bathing, and mental and moral discipline. The management of these several points must be regulated according to the exigencies of each case, and involves details which cannot be described here.

Preventive Treatment.—Measures for preventing the precocious development of the sexual instincts, or keeping them in subordination, are pointed out in the Author's *Vade Mecum of Modern Medicine and Surgery.*

CHAPTER VIII.

DISEASES OF THE CUTANEOUS SYSTEM.

65.—Nettle-Rash (*Urticaria*).

SYMPTOMS.—Prominent round or oval elongated patches or wheals of the skin, resembling those produced by nettle-stings. They appear and disappear suddenly, are easily excited by scratching or exposure to cold, and cause severe heat and itching. The elevations contain no fluid, and do not end in scaling of the skin. It is not contagious, and may trouble the same patient repeatedly. *Chronic Urticaria* is very rebellious against treatment, unless the cause be detected and removed.

TREATMENT.—*Apis.*—Urticaria, with stinging or burning itching, and much swelling.

Puls.—If Indigestion or Dysmenorrhœa be present.

Ant.-Crud.—From gastric disturbances.

Dulcamara.—From cold, with much stinging.

Rhus Tox.—From eating shell-fish, etc.; worse in bed; rheumatic patients.

Aconitum.—With feverishness.

Calcarea.—Chronic Nettle-rash, especially in scrofulous patients. Also *Sulph.*

GENERAL TREATMENT.—Smearing with bacon-fat, as recommended page 86, gives great relief. A general warm-bath is also soothing, and aids the cure. A milk diet, and no stimulants.

PREVENTIVES.—A dry, uniform, and moderate temperature, plain food, exercise in the open-air, cold or tepid bathing, and great cleanliness. As the use of flannel may be an exciting cause, by the irritation it produces, it should never be worn by the patients next to the skin.

66.—Itching of the Skin (*Prurigo*).

This condition consists of an eruption sometimes nearly imperceptible, which occasions the irritation.

CAUSES.—Rich, indigestible food, stimulating drinks, extreme heat or cold, a constitutional taint, chronic disease, etc.

TREATMENT.—*Sulphur.*—Severe itching, with dryness of the skin, worse in the evening, in warmth and in bed. A dose twice or thrice daily

Carbo Veg.—When *Sulph.* only partially cures.

Aconitum.—Feverish heat, redness of the skin, thirst; symptoms worse at night.

Rhus Tox.—Itching and redness, with swelling and tingling.

Arsenicum.—Itching, with *burning*, or an eruption emitting a small drop of watery fluid; chronic cases, with constitutional feebleness.

Calc., *Merc.*, *Hepar*, and *Puls.*, are also remedies in our list sometimes required.

ACCESSORY MEASURES.—Medicated ointments should not be used, as they might transfer the disease from the skin to some internal organ, where it would become far more serious. In severe cases, temporary relief may be obtained by bathing the parts with alcohol and water, in equal proportions, or sponging the skin with a warm infusion made by pouring boiling water on bran. Very troublesome prurigo is much benefited by a warm bath (pp. 76-77), which is both soothing and curative; it should be taken in the evening or when the patient has not to be again exposed to atmospheric changes, and followed next morning by the wet sheet

squeezed out of cold or tepid water, rapid drying, and friction. If the irritation or eruption be limited, the use of a *wet compress* over the parts will also be beneficial, although at first it may increase the irritation. *Scratching must be avoided.* The skin should be strengthened by daily ablutions with cold or tepid water—sponging, shower-baths, etc.; also by regular exercise in a bracing air. Stimulating food and drink, pastry, and other indigestible diet, must be avoided; also irregular hours of meals. Without good hygienic measures, medicines will be of little permanent utility.

67.—Ringworm (*Herpes circinnatus*).

Symptoms.—Small round vesicles, filled with clear or yellow fluid, on the head, at the roots of the hair, and on various parts of the skin. The rings or patches vary in size from a shilling to that of a crown-piece. There is much itching, and in old standing cases the whole scalp may be implicated; but the general health is rarely disturbed.

Shingles.—When ringworm encircles th

waist, it is called *Shingles* or *Zona*. It occurs in inflamed patches of clustered vesicles in the form of a band, nearly always on the right side of the body.

CAUSES.—It is an epidemic affection, readily communicated by touch; and ill-health, poor food, dark, badly-ventilated dwellings, etc., favour its spread and activity.

TREATMENT.—*Rhus Tox.*—Red, painful, and irritable skin, secreting greenish matter, with nocturnal itching. A dose every four hours.

Sulphur.—Obstinate eruption, or when fresh places break out, with smarting and itching. A dose thrice daily for four or five days; afterwards twice daily for a week or two.

Sepia, *Ars.*, *Lyc.*, *Calc.*, or *Hepar Sulph.* may sometimes be required.

The local application of *Sulphurous Acid*, *Carbolic Acid*, or *Oleate of Mercury*, will destroy the parasite which causes the eruption.*

GENERAL TREATMENT. — Cleanliness and change of air are of great importance. When the complaint affects the scalp, the hair should

* See *Homœopathic Treatment of Infants and Children.*

be cut short and the head washed with tepid water, using a transparent soap. The patient's towels, hair-brushes, combs, sponges, etc., should on no account be used by those unaffected. The hair and *head* should be well brushed, so as to excite the vital action of the skin by the friction. A nutritious diet is recommended; also an occasional tepid bath. Scrofulous, emaciated children may require a teaspoonful of *Cod-liver oil* twice a day. Sudden and extreme changes of temperature should be avoided. Popular remedies—*ink*, *tobacco-water*, etc.—are dangerous.

68.—Chilblains (*Perniones*).

Chilblains are due to a languid circulation of the blood, and consist of a low kind of inflammation of the skin, generally of the hands or feet, and are attended with itching, tingling, burning, swelling, and sometimes ulceration.

Chapped Hands.—This affection consists of slight inflammation of the skin of the back of the hands, which become cracked or "chapped" It occurs in frosty weather, when it someti

gives rise to much inconvenience and pain. It requires similar external treatment to *Chilblains*.

CAUSES.—Exposure to cold, damp, or to sudden changes of temperature; feeble circulation.

TREATMENT.—*Tamus Communis*, in nearly all cases, either removes the disease, or affords material relief. *Unbroken chilblains* should be painted morning and night with the strong *Tincture of Tamus*, or it may be used as a *lotion*. Should the skin be broken or ulcers exist, *Calendula* should be substituted for *Tamus*, and applied as a *lotion*, or in the form of *cerate*. *Carbolic Acid* and *oil* (one part of the former to six of the latter); *Arnica* and *Soap liniment* (one part of strong tincture of the former to eight of the latter) are also efficacious. Internal treatment is generally required for Chilblains.

Arnica.—Hard, shining skin; pain and itching of the parts.

Belladonna.—Inflammation, pulsative pains, *fiery redness*, and swelling.

Arsenicum.—*Burning pain*, accompanied by ulceration, especially in emaciated children.

Sulphur.—Chilblains of a blue-red colour, with

itching, aggravated by warmth. Also to remove the constitutional tendency.

ACCESSORY MEANS.—For ulceration, poultices, or other mild applications, should be applied until relieved. Pork, salted meats, and all irritating or indigestible articles of food should be excluded from the dietary. Extremes of temperature are to be avoided, such as a cold stone floor, and warming the feet on a fender, or the hands close to the fire. After washing them, the hands should be well dried. The soreness of chapped hands may be much mitigated by wrapping them in a water-bandage and covering them with oil silk on retiring to bed.

69.—Ulcer (*Ulcus*)—Sores.

Ulcers may arise from burns, bruises, inflammation, varicose veins, or constitutional disturbance. They require careful management, and many can only be successfully treated by a homœopathic practitioner.

TREATMENT.—*Kali Bich.*—Ulcers on the leg. deep, with hard bases and overhanging edge

Belladonna.—*Painful* Ulcers, having an erysipelatous blush.

Arsenicum.—Ulcers with *burning pain*, easily discharging blood or thin matter, and presenting a livid appearance.

Carbo Veg. may follow, or be alternated with, *Ars.*, if the Ulcer have an offensive smell.

Silicea.—Simple Ulcers.

Hep.-Sulph., or *Sulph.*, may also be required.

GENERAL TREATMENT.—A little soft linen or lint, wetted in cold water, placed on the sore, covered with oiled silk, and lightly bound up with a bandage; or *Calendula-lotion* in the same manner. Ulcers on the legs require rest, the horizontal posture, and constitutional treatment. Open-air exercise should be taken, especially during recovery, but much standing, or sitting with the legs hanging down, is unfavourable. Among dispensary patients, we find Ulcers on the legs very intractable, as the necessary rest and general hygienic conditions cannot be observed.

70.—Boil (*Furunculus*).

An inflamed, pointed tumour, painful or tender, of a deep-red colour, terminating in suppuration. Boils generally indicate a disordered condition of the blood, as the result of insufficient, poor, or indigestible food, anxiety, insufficient rest, etc.

TREATMENT.—*Belladonna.*—An excellent remedy for arresting a Boil in its early stages, before matter has formed; it also relieves the pain.

Hepar Sulphur.—Pain of a pulsative character, indicative of suppuration, which it promotes.

Silicea.—Indolent Boils.

Sulphur.—To prevent a recurrence of Boils.

GENERAL TREATMENT.—As soon as *Hepar* is indicated, a poultice, covered with oiled silk and one or two thicknesses of flannel, should be applied. The poultice should be kept hot and renewed until suppuration is nearly completed, when a wet compress should be substituted. To prevent a recurrence of Boils, attention must be directed to their causes. If from derangemer

of the digestive organs, seasoned dishes, pastry, sweetmeats, etc., should be avoided, and a generous diet, including animal food once a day, should be adopted. Proper food, daily bathing, and recreation in the open-air, will go far towards eradicating a predisposition to Boils. In obstinate cases, change of air is very beneficial.

71.—Whitlow (*Panaris*).

This is an inflammatory swelling at end of the finger, with a tendency to suppuration.

CAUSES.—Cutting the nail to the quick; a bruise, burn, or other mechanical injury; the introduction of poisonous or acrid matter into scratches on the finger; unhealthy constitution.

TREATMENT.—*Silicea.*—The first and often the best remedy for Whitlow; administered early, it often prevents its maturation. If necessary, a warm bread-and-milk poultice may be applied, and the finger held in a raised posture.

Aconitum and *Belladonna*, in alternation, every three hours, if there be much pain, redness, throbbing, thirst, restlessness, etc.

Hepar Sulphur.—During Suppuration.
Poultices and *general treatment* as for Boils.

72.—Corn (*Clavus*).

CAUSES.—Long-continued pressure or friction, or both combined.

TREATMENT.—If medical treatment be required, one of the following may be chosen:—*Calcarea, Sulph., Silicea.* A dose morning and night, for a week or ten days. After waiting a few days, if necessary, the same or another remedy may be administered.

ACCESSORY MEANS.—Corns can only be eradicated by wearing easily-fitting boots and shoes, frequently washing the feet and changing the stockings. As soon as a Corn appears, the surrounding skin should be softened by a warm foot-bath, the hard head of the Corn gently extracted with the finger-nail, or some convenient instrument, and the thickened skin pared off with a sharp knife; the Corn should then be dressed with *Arnica-lotion* (thirty drops to a wine-glassful of water), and next morning a piece

of *Arnica-plaster*, or an *Arnicated corn-plaster*, having a hole punched through its centre, applied. The dressing may be repeated until the inconvenience is removed.

73.—Warts (*Verrucæ*).

TREATMENT.—*Thuja.*—The Warts should be painted once or twice daily with the mother tincture; at the same time a dilution of the same medicine may be taken internally, morning and night; it is especially necessary when the Warts appear in crops. This course may be followed for a week or ten days, and if improvement ensues, as it often does, the treatment should be continued longer. When *Thuja* does not succeed, *Rhus Tox.* may be substituted, and used both internally and externally.

Sulphur, once a day for a week or two, is an excellent remedy for numerous and obstinate Warts upon the hands. It is also useful after other medicines, as a preventive.

CHAPTER IX.

UNCLASSIFIED DISEASES.

74.—Derbyshire Neck—Goitre (*Bronchocele*).

This is a chronic painless enlargement of the thyroid gland, attended with but little danger, unless it increases so as to interfere with swallowing and breathing. Women are more subject to it than men, in the proportion of about twelve to one. It is commonly met with in chalky districts, and in Switzerland and other mountainous countries, and is often associated with *Cretinism*.

CAUSE.—The use of water which percolates through rocks of magnesian limestone. Difficult labours, uterine ailments, twists of the neck, etc., may act as *exciting* causes. Strumous subjects are predisposed to it.

TREATMENT.—*Spongia* is useful for reducing the swelling; a dose night and morning for a week; then, after pausing a few days, the course may be repeated as often as it does good.

Calc., *Merc.-Iod.*, *Iod.*, *Sulph.*, etc., are reme-

dies often required. External applications of the drug used internally are often employed with good results. If indigestion or uterine disease exist, it should, if possible, be corrected.

75.—Palpitation of the Heart

(*Palpitatio cordis*).

In a normal condition we are scarcely sensible of the heart's beat; when, however, its pulsations become much increased in force and frequency, the unpleasant sensation known as *Palpitation* is experienced.

CAUSES.—*Predisposing*—nervous temperament; Hysteria; a full habit; diseases of the heart. *Exciting*—excessive joy, long-continued anxiety, fear, or other mental emotions; severe exertion; the excessive use of tea, coffee, and other stimulants; profuse discharges; menstrual derangements, etc.

TREATMENT.—The following is only for simple cases. If possible, Palpitation should be treated by a physician.

Aconitum.—From excitement, with anxiety, coldness, numb extremities, or a sensation as if

the heart ceased to beat; short, hurried breathing; *hot and flushed face;* and in *plethoric* patients.

Belladonna.—Oppression, tremor, Palpitation extending to the neck and head; congested face.

Gelseminum.—Nervous Palpitation.

Spigelia.—Palpitation with pain at the heart.

Ignatia.—When caused by *grief* or anxiety nervous headache; Hysteria.

Coffæa.—*Wakefulness* and nervous restlessness; Palpitation from *joyful* excitement.

Chamomilla.—Palpitation from *passion.*

Opium.—From *fright, drowsiness,* etc.

China.—After loss of animal fluids—blood, milk, mucous discharges.

Pulsatilla.—Hysterical symptoms, and in females suffering from deranged period.

Administration.—During an attack, a dose every twenty or thirty minutes; as the symptoms decline, or in mild cases, every six or twelve hours.

Accessory Measures.—The causes should be avoided. Pure air, cold water internally and externally, moderate exercise, a contented dis-

position, and light, nourishing, and regular diet, are excellent auxiliaries.

76.—Hæmorrhages and Hæmorrhagic Diathesis.

By the term "hæmorrhage" is meant the escape of blood from those vessels in which is naturally contained, whether the discharge be external, or into one of the internal cavities of the body. Profuse and long-continued hæmorrhages being dangerous, and the results often most serious, it is undesirable, except in emergencies, to trust to domestic treatment. In consideration, however, of the frequent suddenness of such occurrences, the impossibility of securing at all times the immediate attendance of a medical man, and the importance of being prepared to act promptly to afford temporary relief, we have devoted two or three Sections to the immediate treatment of several forms of hæmorrhage.

Hæmorrhagic Diathesis.—In some patients a predisposition to hæmorrhage exists which may be hereditary or acquired, and is

designated the *hæmorrhagic diathesis*. This condition probably consists in defective contractility of the arteries, which may also be fragile or soft from diseased processes, so being unable to resist the force of the circulation, especially in congestion; and in loss of coagulability of blood, from a defective or altered character of the *fibrine*, the chief agent in coagulation, and of some change in the red corpuscles. Hence the most trivial wound bleeds almost uncontrollably, and even life may be jeopardised by a slight injury or surgical operation. As stated, the hæmorrhagic diathesis may not in all cases be hereditary, but caused by diseases of the liver, spleen, etc., which then exert a deleterious influence upon the constituents of the blood. The knowledge of the existence of such a diathesis is important, as it might materially modify the medical and surgical treatment of the patient.

77.—Spitting (*Hæmoptysis*) *or* **Vomiting** (*Hæmatemesis*) OF BLOOD, FROM RUPTURE OF BLOOD-VESSEL.

It is not necessary here to determine whether

the blood comes from the lungs or stomach, as the immediate treatment should be the same in either case. It may be stated, however, that when blood comes from the lungs it is of a *bright-red colour*, is discharged with coughing, or is hawked up, and is often frothy; but when from the stomach, it is of a dark colour, is vomited, and is sometimes mixed with food. Calmness and judgment are especially necessary, as the discharge of considerable quantities of blood is otherwise likely to cause alarm, and disqualify for action.

TREATMENT.—*Aconitum.*—Chiefly indicated when flushed face, palpitation, and anguish accompany the hæmorrhage; or for the premonitory symptoms—shiverings, quick pulse, Palpitation, etc. Two drops in a spoonful of water, repeated in ten or fifteen minutes, or in one, two, or three hours. See also "Accessory Means."

Arnica.—Hæmorrhage from a fall, a blow, or severe exertion. If *inflammatory* symptoms predominate, *Arn.* and *Acon.* may be administered alternately. (*Hamamelis* is often better than *Arn.*)

Ipecacuanha.—Hæmatemesis, with paleness of the face and frequent inclination to vomit; or short cough and expectoration streaked with blood. Often useful after *Acon.*, and before the administration of *China* or *Ars.*

China.—Chiefly required *after* hæmorrhage, for removing the consequent debility. Its chief indications are—frequent taste of blood, shivering, flushes, dizziness, feeble pulse, cold hands or feet, fainting, etc.

Arsenicum.—Difficult breathing, extreme palpitation of the heart, anguish, burning heat and thirst, small and quick pulse.

Accessory Means.—The patient should immediately lie down on a sofa or mattress, with the head and shoulders elevated. All tight-fitting articles of dress should be removed, and the patient kept cool and quiet, and on no account be allowed to talk. There must be no crowding round him, no talking, noise, or confusion, and the room should be kept cool and airy, at about 55° Fahr. For some time, food and wine are not admissible, and the only drink that can be allowed is a little cold water or the

sucking of ice. Should faintness occur, no alarm need be excited, as it is often nature's method of arresting the bleeding. After the hæmorrhage has ceased, the patient must still be kept cool, quiet, and free from excitement, and the diet be light and unstimulating, while the position of the body should be such as to favour the cessation of the discharge. Gradually beef-tea, broth, milk, and cocoa, may be taken, but not hot. These measures are necessary to obviate a recurrence of the symptoms. Sometimes hæmorrhage is *vicarious*, as in females, when bleeding from the nose or stomach takes the place of the *menstrual* discharge. In such cases the treatment should be directed to the establishment or restoration of the monthly period.

78.—Bleeding from the Urinary Organs (*Hæmaturia*).

The source of the hæmorrhage may be the kidneys, the bladder, the prostate gland, or the urethra.

CAUSES.—Hæmorrhage from the kidneys may

be due to the irritation of renal calculi, blows on the loins, congestion resulting from Scarlet fever, inflammation, and such diseases as Typhus, Scurvy, etc. Hæmorrhage from the prostate gland, bladder, or urethra, may be caused by the introduction of instruments, the irritation of stone, venereal disease, abuse of Spanish-fly, or by the existence of an Ulcer or Tumour, of which, indeed, it is often the first manifestation.

DIAGNOSIS.—Hæmorrhage from the bladder may be recognised by the discharge taking place principally after the escape of urine; and the quantity is also greater, and often the clots are larger and more irregular, than when derived from the kidneys; the severe pain in the lumbar region, the intimate admixture of the blood with the urine, and other symptoms that accompany the bleeding from the kidney, are not present.

TREATMENT.—*Cantharis.*—Discharge of pure blood in drops, or copiously blended with the urine, especially when associated with difficulty in passing water, scalding urine, and spasmodic pains.

Camphor. — Hæmaturia from the use of Spanish-fly (*Cantharis*), as in allopathic treatment.

Arnica.—Hæmorrhage from external violence, strains or severe efforts. If the patient be robust, and inflammatory symptoms predominate, in alternation with *Acon.* A dose every hour at first; afterwards *Arn.* only, every four hours.

Accessory Means.—Demulcent drinks—linseed-tea, gum-water, etc.—may be taken in considerable quantities. The wet compress over the loins, when the hæmorrhage proceeds from the kidneys, or over the whole region of the bladder, when the bleeding proceeds from that organ, will mitigate the pain and hasten the cure.

79.—Hæmorrhage from the Womb—Flooding (*Metrorrhagia*).*

This may occur under various conditions, many of which are of such an intricate character as to be quite unintelligible to non-professional

* For fuller treatment, see the *Lady's Manual of Homœopathic Treatment.*

readers; indeed, it would require a considerable treatise to describe the various functional and organic derangements of the womb, of which hæmorrhage is but a symptom. We will therefore only suggest measures likely to be immediately beneficial until medical aid can be obtained.

TREATMENT.—*Aconitum*.—At the commencement of the discharge, or when the first symptoms appear, when there is excitement, Palpitation, etc., especially in full-blooded patients. A dose every hour for several times.

Ipecacuanha.—Flooding of *bright-red* blood.

Secale. — Painful, dark, and offensive discharge, which is increased by movement or coughing; loss of contractility in the uterine fibres; pale face, coldness of the extremities, extreme weakness.

Arnica.—Either alone or in alternation with *Acon.*, when the hæmorrhage follows a fall, strain, mis-step, over-exertion, or other mechanical injury.

Additional Remedies.—*Sab.*, *Croc.*, *Ham.*, *Mil.*

ACCESSORY MEANS.—The patient should lie down quietly on a hard mattress, with the

shoulders low and the hips raised, and move as little as possible; the mind should be kept calm, and order and quietness maintained in the apartment. In urgent cases, cold wet cloths should be suddenly applied to the vaginal orifice, or injections of cold water, or pieces of ice introduced up the womb, or pushed up the rectum.

For *Bleeding from the Rectum*, see "HÆMORRHOIDS" and "DYSENTERY."

CHAPTER X.

INJURIES—ACCIDENTS.*

80.—Apnœa (from Drowning).

No time should be lost. The two points to be aimed at are—immediately to *restore breathing*, and next, *circulation and warmth.* The mouth should be cleansed, the tongue drawn forwards, the patient placed on the back, with the head and shoulders a little raised. Taking hold of

* For ampler details of treatment, and other accidents not included in this Manual, the Author's *Vade Mecum of Modern Medicine and Surgery* may be consulted.

both arms above the elbows, they should be drawn gently and steadily upwards above the head, and kept stretched whilst counting—*one, two.* *See Fig.* 1. This is *inspiration*, or filling the chest with air.

FIG. 1.—INSPIRATION.



The patient's arms should be turned down and pressed gently and firmly against the sides of the chest while counting—*one, two.* *See Fig.* 2. This is *expiration*, or emptying the chest of air.

These movements should be repeated about fifteen times in a minute, until natural breathing takes place.

Next—not before—circulation should be promoted, by rubbing the limbs upwards with firm

FIG. 2.—EXPIRATION.



Figs. 1 and 2.—To illustrate the position of the body during the employment of Dr. Sylvester's Method of restoring Breathing.

pressure, to favour the return of blood to the heart.

Warmth should be favoured by the applica-

tion of hot flannels, hot bottles wrapped round with flannel, heated bricks, or by any means at hand, to the pit of the stomach, the arm-pits, between the thighs, and to the soles of the feet.

If the services of a second person are available, the processes should be performed simultaneously.

81.—Burns and Scalds.

Severe injuries from burns or scalds, especially those implicating large surfaces, are very dangerous, and often fatal. The subjoined treatment has reference only to slight cases.

TREATMENT.—A most important object to be attained is immediately to cover the injured part with some suitable material that will *exclude atmospheric air*, and this should not be removed till the cure is complete.

Carbolic Acid and Olive Oil.—One part of the *Acid* (as prepared for medicinal use) to six parts of *Olive oil*, is found to be invaluable in most cases, slight or severe. It is cleaner, more easy of application, and more soothing than most other remedies. The first layer of lint should

not be removed till the cure is complete, but saturated by the application of fresh outer layers from time to time. When the wound is healed it is easily and comfortably dispensed with. As a domestic remedy, it is recommended always to be kept ready for burns and scalds, just as *Arnica, Calendula*, etc., are kept ready for other kinds of accidents.

Flour, Starch, or *Whiting*.—In the event of the above not being at hand, the burnt surface may be first moistened with *Cantharides-lotion* (five drops of the tincture to an ounce of water); then fine wheaten flour, finely-powdered starch, or common kitchen whiting, should be uniformly and thickly applied by an ordinary dredger, so as to form a thick crust and exclude the air. It should be repeated when any portions fall off, where blisters are opened, or matter has formed.

After having selected the local remedy, the points of greatest importance are—its *immediate application* to the burn, the complete exclusion of atmospheric air, and the changing of the dressing as seldom as possible; not, indeed, until it

has become loosened or fœtid from the discharges. A *complete* change of dressing often causes pain, depression, and the detachment of portions of the new skin, and so retards the cure.

If after the removal of the first dressing Ulcers exist, *Calendula* or *Glycerine* cerate is a valuable application. If there be much discharge, it should be carefully and frequently removed, and the parts kept as clean as possible.

Internal treatment, except in the slightest cases, is always necessary, and must be suited to the part injured, its extent, and the constitutional symptoms present. As a general rule, *Aconitum*, early, does good, by allaying febrile symptoms, mitigating pain, and moderating reaction.

82.—Bruises (*Contusions*).

Treatment.—In the less severe form of bruises, which alone come under domestic treatment, the object should be to excite as speedily as possible the absorption of extravasated blood. The bruised part should, if practicable, be raised, and a warm *Arnica-lotion* (one part of the tinc-

ture to ten of water) applied by means of lint saturated with the lotion, covered with oiled silk, and secured by a bandage. A "*black-eye*" may generally be prevented by *Arnica-lotion*, applied *immediately* after the injury. *Bryony root* or *Calendula* should be substituted if the sufferer is subject to Erysipelas.

83.—Wounds.

Wounds of the soft parts are of four kinds:—*Incised*, made by clean-cutting instruments; *punctured*, such as pricks and stabs; *lacerated*, the parts being torn, and the lips of the wounds irregular; and *contused*, or bruised, the surface being broken.

TREATMENT.—The following are the chief points:—1st. *To arrest the bleeding.* In most cases, the elevation of the bleeding parts, the application of cold, moderate pressure, and the coaptation of the edges of the wound, after cleaning them, will suffice. A *Calendula-lotion** will serve to arrest hæmorrhage, and check suppuration. In severe wounds, involving

* See Materia Medica, *Calendula.*

arteries, the parts should be laid open by a surgeon, and the wounded vessels ligatured. See also further on.

2nd.—*The removal of foreign bodies.*—Dirt, hair, glass, clots of blood, etc., should be speedily removed by the fingers, forceps, or sponge and water.

3rd.—*To bring the injured parts into nice apposition.*—Any muscular fibres likely to prevent complete union should be relaxed or divided, and after the sides of the wound have been accurately adjusted, they must be kept so by strips of adhesive plaster, first applied to that side of the wound which is most movable, and then secured to the other. But in extensive wounds, where plaster would be sufficient, stitches should be employed.

4th.—*To promote adhesion.*—To secure this, the part should be kept at rest, and if the injury be severe, the patient should remain in bed.

5th.—When a wound is *dressed*, say once in every twenty-four hours, a sponge or rag should be wetted with warm water, and laid over the dressing, so that it may be removed without the

risk of disturbing the surfaces which may have partially united. Often the lotion may be renewed by removing the oiled silk only, pouring a little lotion on the rag or lint, and then replacing the oiled silk.

6th.—*To control dangerous bleeding*, as from a sharp-cutting instrument. When blood flows in a *steady stream*, and is *dark-coloured*, it is from a vein, and can generally be checked by applying cold water, and exposing the cut surface to the cold air. But if large veins be wounded, they should be compressed with the fingers, or by a bandage. A few thicknesses of linen, with steady compression, are more efficient than heaping on a large quantity. When the blood is *bright-red*, and flows in *jets*, it is *arterial*, and the same means must be adopted as just pointed out, unless the bleeding is excessive, in which case a handkerchief should be tied round the limb, near the wound, and between it and the heart, a stick inserted under the handkerchief, and a firm compress over the course of the blood-vessel; the stick should then be twisted until it stops the circulation, and, consequently, the bleeding. But

this is only a temporary expedient, for wounded arteries of size require *ligature* or *torsion* by a surgeon before bleeding can be permanently arrested. If no surgeon can be obtained, a clever manipulator should grasp the wounded artery with a pair of forceps, and draw it slightly and gently forward, so that it may be securely tied by means of a strong ligature of silk.

7th.—Should a wound or bruise be followed by constitutional disturbance, fever, chills, and throbbing in the parts, medicines should be administered. *Arnica* (as prepared for internal use) and *Aconitum* will generally meet the requirements of such cases, and should be administered every one to three hours in alternation, for several times; *Belladonna*, pain and swelling of the injured part; *Hepar Sulph.*, when suppuration is established; *Silicea*, unhealthy suppuration.

84.—Foreign Bodies in the Eye.

If a particle of sand, a fly, or a hair gets under the lids, the flow of tears is usually sufficient to dislodge the substance; otherwise, it can generally be removed by wiping the eye gently,

always toward the nose, with a soft, moistened handkerchief, or a feather, or by using a bent bristle, the two ends being held by the finger and thumb after the manner of forceps.

If small pieces of *flint* or *iron* are fixed in the front of the eye, they should be carefully picked out with a needle or the point of a lancet.

When the foreign body has been removed, a weak *Arnica-lotion* may be applied to the eye on lint or soft linen.

85.—Bloodshot-Eye.

TREATMENT.—Two or three doses of *Aconitum* every three hours, and the eye frequently bathed with tepid water. If from mechanical causes, *Arnica-lotion* (six drops of strong *tincture* to a wineglassful of water) may be used. *Arnica* may also be administered internally. If the condition be chronic, or recur without mechanical injury, *Arsenicum*, thrice daily, should be administered.

86.—Broken Bones (*Fractures*).

A few words on *broken bones* seem necessary in

this Manual, as a surgeon is not always immediately accessible, and it is necessary to be prepared to act till surgical attendance can be had.

SYMPTOMS.—A fractured or broken bone may generally be detected by having felt it *snap*; there is also some *deformity*, such as bending or shortening, and if the upper end of the bone be held firmly by the hand, the lower part may be moved independently; also, if the broken ends are rubbed against each other, a grating noise (*crepitus*) may be heard. There will, further, be pain, loss of power in the broken part, and other symptoms. Fracture is said to be *simple* when there is no wound of the skin communicating with it; *compound* when there is such a wound.

CAUSES.—*Mechanical violence* is the most frequent; but muscular contraction is sometimes a cause. Old age, Paralysis and some other diseases, and prolonged disuse of a limb, render bones liable to fracture from trifling causes.

IMMEDIATE TREATMENT.—The patient must be moved *g ntly*, and special care taken to prevent the broken bone being forced through the flesh

and skin. He should be placed on a stretcher or litter, and taken to his home or to a hospital. A litter may be made of a couple of poles and a horse-cloth or sack; even a door or hurdle may serve the purpose. Placing on this, and carrying by two men, is much better than removing him in a cart or carriage. It is important *not to be in a hurry*, as an injury is often greatly aggravated by carelessness or too hurried measures. When a surgeon is within a moderate distance, after making the patient as comfortable as possible, it is better to wait for him to superintend the moving.

If there be a wound in the skin and much bleeding, see "Wounds," pp. 290–93.

When the patient has been placed on a firm bed or mattress, and the injured part examined, the surgeon will bring the broken ends of the bone into close apposition, in their natural form, and having done so, maintain them in perfect contact, and at rest, till firm union has taken place. To maintain the proper shape and length of the limb, *bandages*, *splints*, and various apparatus are required. Beyond the mere manage-

ment of such accidents, however, till he arrive, only a surgeon can treat such cases.

A BROKEN LEG should be fastened to the whole one by handkerchiefs at the ankle, and above and below the fracture, before the patient is removed.

FRACTURE OF THE FORE-ARM requires the immediate support of a sling, which may be made by a handkerchief and fastened round the neck.

BROKEN RIBS require a *flannel* bandage, about two hands broad, round the chest, and shoulder-straps to keep it up. A rather tight-fitting bandage lessens the movement of the chest in breathing, and is a great comfort.

87.—Sprain.

TREATMENT.—In severe cases the chief point is—to keep the parts at perfect *rest*, by means of a roller nicely applied, or controlling the motions of the joint by a splint. In simple cases the application of rags, saturated with *Arnica* or *Rhus-lotion*, and covered with oiled silk, will hasten the cure. In all cases *Arnica* or *Rhus* should be given internally.

When the pain and swelling subside, the joint may be partially liberated, and gentle motion allowed; but the greatest care must be observed for several weeks in using the limb, or the cure will be rendered difficult and tedious.

88.—Fatigue and Over-exertion—Blisters.

If the feet be swollen or blistered, or the ankles ache after walking, a warm foot-bath may be used, to which a teaspoonful of the strong tincture of *Arnica* has been added, the relief afforded being immediate and permanent. If the hands or wrists ache from excessive or unaccustomed exertion, they may be bathed in about a pint of water, to which twenty or thirty drops of *Arnica* have been added. If necessary, in one or two hours the application may be repeated. In muscular fatigue from long-continued, or short, but severe exertion, affecting the hips, thighs, etc., a hip-bath, containing a drachm of the strong tincture of *Arnica* is an excellent remedy. The patient should remain in the bath about five minutes. Whatever kind

of bath is used, and to whatever part applied, it should be *warm* if used in the evening or immediately after exertion, but *cold* or tepid in the morning. Apart from the external use of *Arnica*, that remedy should always be taken internally, as it has a wonderfully restorative effect in such cases. Alcoholic drinks should not be taken after a fatiguing day.

The formation of blisters may be prevented by wearing easy but well-fitting boots that have become shaped to the feet, made of soft upper leather and stout soles. After the evening bath, whiting should be rubbed into the feet. Before starting in the morning, spirits may be rubbed into the soles, heels, and sides of the feet. Silk stockings covered with woollen ones will lessen the friction. Woollen stockings are greatly to be preferred to cotton when silk cannot be obtained.

89.—Poisons.*

When it is known that a deleterious sub-

* For the treatment of the most frequent and common cases of poison, see the chapter on poisons in the large edition of the *Homœovathic Vade Mecum*.

stance has been swallowed, as *arsenic* and other *mineral poisons, opium, poisonous fish, alcohol*, etc., vomiting should be immediately excited, by tickling the back of the throat with a feather or a finger, or if this fail, by the administration of an *emetic*. The following is a convenient emetic; a teaspoonful of mustard mixed in a teacupful (if for a child) of warm water, or a table-spoonful in a breakfast-cupful of water (if for an adult). This may be repeated as often as necessary, and followed by copious draughts of warm water, so as to empty the stomach as completely as possible.

The treatment of cases of poisoning must, however, be considerably modified according to the nature of the poison, and a medical man should be summoned immediately, while the temporary measures suggested are resorted to.

PART III.

CONCISE MATERIA MEDICA.

In this part we have only pointed out a few of the leading indications for the use of about fifty remedies—including those in the list, page 65, and a few others which are often useful. Many, such as *Acon. Nux Vom.*, *Ars.*, *Sulph.*, etc., are termed *polycrests*, or many-healing remedies—medicines possessing curative power in many diseases. For a fuller description of each, the reader is referred to the Author's *Text-Book*.

In prescribing for so many complaints from such a limited list of remedies, it is necessary to remark that the Homœopathic Materia Medica now includes several hundred medicines; domestic practitioners, therefore, who restrict themselves to these forty or fifty must not, in cases of failure, conclude that they have exhausted the resources of Homœopathy, nor despair when so wide a range of appliances is available to the professional man.

Many missionaries in foreign lands, as well as persons at home, desirous of spreading the benefits of Homœopathy among the poor, or in districts distant from a physician, have sought instruction from the Author of this Manual, and during the fifteen years that have elapsed since the first edition of this little work was published, not a few have been actively engaged in

restoring to health multitudes from those classes who need and claim such aid.

1.—**Aconitum Napellus.**—The English names of this plant are—*Wolfsbane*, because it proves exceedingly poisonous to wolves, and *Monkshood*, because its beautiful flowers resemble the hood which monks used to wear. "This medicine," writes Hempel, "constitutes the back-bone, as it were, of our Materia Medica;" there being scarcely an acute disease in which it is not more or less required.

The prominent uses of *Aconitum* are as follows:—All *feverish and inflammatory affections*, chiefly at their commencement, and often during their course. Its especial indications are—thirst, and *dry, hot* skin; chills and shiverings, succeeded by burning heat; strong, rapid pulse; restlessness, anxiety, flushing of the face; pain; quick or laboured breathing; dry cough, with fever; deficient, hot, and high-coloured urine; first stage of cold-in-the-head; etc. It probably surpasses all other known remedies in its power of controlling the circulatory system, and triumphantly supersedes the lancet and the leech. "To enumerate," says Dudgeon, "the diseases for which it is suitable would be to mention the acute inflammation of every possible order and tissue of the body; and if it be not for all of these the sole remedy, it is almost always useful either previous to, or in alternation with, another remedy which has perhaps a more specific relation to the part affected." Had Hahnemann's labours been limited to the discovery and demon-

stration of the wide curative power of this great remedy, they would have entitled him to the gratitude of countless myriads of his fellow-creatures in every succeeding generation. He most appropriately ranks it as first and foremost in his Materia Medica, not because its name begins with the first letter of the alphabet, but because of its transcendent power and extended sphere of action he terms it a precious plant, whose efficacy almost amounts to a miracle.

2.—**Antimonium Crudum.**—This remedy is chiefly valuable in affections of the mucous membrane and the skin, and more especially when they are *concurrently* diseased.

It is indicated when the *mucous membrane* of the stomach and alimentary canal is loaded with mucus, producing *eructations*, foul, bitter, or tasting of the food; in nausea, with occasional vomiting; fœtid flatulence; loss of appetite; constipation, alternating with diarrhœa; mucous discharge of the anus; secretion of tenacious mucus, with much hawking for its removal; milky-white tongue; slow digestion, with drowsiness, loss of strength, etc. It corrects that unhealthy condition of the digestive organs which favours the production of *worms*.

Its skin indications are—pimples or blotches; rough irregular irruptions on the nose or cheeks; ill-conditioned, unhealthy appearance.

3.—**Antimonium Tartaricum.**—The chief sphere of action of this medicine lies in the *mucous membranes*

the *lungs*, and the *skin*. In large doses it produces a kind of catarrhal inflammation, beginning in the lining membrane of the throat, and extending to the trachea and bronchial tubes, and even exerting its irritant influence on the lung tissues themselves. Clinical experience has amply proved its value in certain inflammations involving these parts, especially in *Catarrhal Croup*, *Bronchitis*, and *Pneumonia*.

On the skin it causes a pustular eruption resembling that of *Small-pox*. It also produces vomiting, and that peculiar alteration of the blood, which are characteristic of Small-pox. As it might be supposed, then, *Ant.-Tart.* has been found a remedy of the first importance in this disease, and if timely used, scarcely requires the aid of any other medicine. The *vomiting* to which this remedy is homœopathic is nervous and sympathetic rather than gastric, and is attended by *nausea*, cold and pale skin, and great prostration.

4.—**Apis Mellifica.**—*Rapid swelling* (œdematous) of various parts; *Erysipelas*, with great œdema; *Nettle-rash*, and itching-stinging eruptions, with swelling; stings; hoarseness and dry cough, with urinary difficulties; frequent urging and inability to pass water; Dropsy after Scarlet-fever; etc.

5.—**Arnica Montana.**—Its chief uses are—in affections resulting from *injuries*, tingling of the skin, convulsive and spasmodic affections, Lock-jaw, active discharges of blood, vomiting and spitting of blood, and other complaints from *bruises*, *falls*, etc.; severe concussions,

such as often occur in railway accidents, or in the hunting field, without leaving external marks of violence; pains, supposed to be rheumatic, from long, heavy, physical toil; concussion of the brain; immediate treatment after operations and childbirth; rheumatic pains; stitch-in-the-side; fatigue; chilblains, with hot swelling and tingling; swelling of the breast, soreness of the nipple, etc.

EXTERNAL USE.—*Bruises, concussions, incisions, fractures, sore nipples, after extraction of teeth, etc.*—The discoloration, stiffness, swelling, and soreness consequent on *bruises* by blows or falls, may be almost entirely prevented by the *prompt* use of this remedy. Its striking and rapid remedial effects, however, depend greatly upon the promptitude with which it is applied after the injury.

Formula.—For a *lotion.*—Ten to twenty drops of the strong tincture to about half a teacupful of water; the bruised parts should be bathed with this lotion, or cloths, saturated with it, applied and covered with dry cloths or oiled silk, to prevent evaporation. Generally, *Arnica*, as prepared for internal use, will hasten the cure, and should be administered at the same time.

CAUTION.—In some constitutions the application of *Arnica-lotion* produces a very troublesome eruption closely resembling *Erysipelas.* For such constitutions, *Ruta Grav.*, or *Hamamelis Virg.*, is a safer and better remedy.

6.—**Arsenicum.**—*Cold, Influenza, Asthma,* Bronchitis, with difficult expectoration, wheezing breathing, etc.;

fevers—Intermittent, Typhoid, and putrid, with great thirst, *debility*, etc.; diseases marked by *depressed* and almost *exhausted vitality; Cholera*, in the more violent forms of the malady; diseases of the stomach and bowels, especially when accompanied by *great prostration* or *burning pains;* severe vomiting, *Diarrhœa*, with watery, green or dark, burning motions; *skin-diseases*, particularly those of a scaly nature; eruptions about the mouth and other parts, attended with burning, and the discharge of a thin, watery fluid; old or obstinate *Ulcers*, with burning or itching, or with a bloody, thin, or fœtid discharge; and *dropsical complaints.*

7.—**Belladonna.**—This medicine almost ranks in importance with *Aconite* in *inflammatory* diseases, characterised by *bright-redness* of the parts, *pain*, intolerance of light and sound, and other brain symptoms. It is often required after *Aconite*, or in alternation with it, in Inflammation of the *eyes*, with dilated pupils, dread of light, etc.; *Sore throat* with redness and sense of rawness; Toothache with throbbing, and congested face; complaints marked by *congestion in the head*, or with Convulsions, Neuralgia, and *Delirium.* Affections of the *brain* and nervous system; eruptive fevers, especially *simple Scarlatina* (for which it is often specific) and Erysipelas (not vesicular); *violent Headache*, especially frontal, with throbbing and redness, aggravated by movement; rheumatic inflammations with hot swellings, and swollen glands. Its power in *preventing* attacks of epidemic Scarlatina, as well as of curing that disease, has been abundantiy established by facts.

8.—**Bryonia.**—*Pleurisy; Pneumonia;* dry, severe cough, with a sensation of tickling under the breast-bone; cold-in-the-chest; *stitches,* and *shooting pains in the chest,* acutely increased by coughing, a deep inspiration, or even movement; derangements of the liver and bowels; Lumbago, Sciatica, *Rheumatism* of the joints, and all rheumatic affections in which the *pain is aggravated by movement;* bilious headaches, rheumatic fever, Jaundice, etc. The prominent *gastric* symptoms are—waterbrash; bitter or sour risings; pressure on the stomach, or sensation as if a stone were there; and constipation from *inertia* of the bowels. An irritable temper, and a gloomy depression of spirits, are additional indications for *Bryonia.*

9.—**Calcarea Carbonica.**—This remedy is chiefly used in *scrofulous, rickety,* and *tuberculous* affections.—Glandular swelling of the neck and abdomen; eruptions around the eyes, and agglutination of the lids; *difficult or delayed dentition,* with heat and swelling of the gums; deafness, with snapping and roaring noises in the ear, and chronic disease of the ear; chronic Diarrhœa; incipient consumption of the bowels; swelling of the mesenteric glands; cough, with fœtid or bloody expectoration, or difficult breathing; *Obesity,* from a lax condition of the tissues, or, on the other hand, *emaciation;* diseases of females, when the menses appear *too soon* and are *too abundant;* Sterility; Leucorrhœa; chronic headache, worst in the morning, from mental fatigue; also in inveterate and obstinate diseases of the bones (*Rachitis*) and skin. As a general rule, *Calcarea* is best adapted to affections of women and children, and to chronic diseases.

10.—**Calendula Officinalis** (*Marigold*).—This remedy is used externally and exerts a most favourable influence in promoting the union of wounds with the least resulting scars, and with the smallest amount of suppuration. *Cuts*, whether accidental or inflicted in operations, or injuries, in which *the flesh is much torn*, and which do not heal without the formation of matter; wounds penetrating the joints, etc. In such cases it is much preferable to *Arnica*, especially in constitutions having a tendency to Erysipelas. It controls hæmorrhage (but to a less extent than *Hamamelis*), and relieves the pains attending accidents.

Formula for a Lotion.—A teaspoonful of the pure tincture to about half a teacupful of water.

11.—**Camphor, Homœopathic Tincture of.**—This remedy is valuable in the *invasive stage of Influenza* (when its administration will often terminate the complaint); derangements in general with *chilliness and shivering; malignant Cholera*, in the *incipient* stage of the disorder; excessive, *sudden* prostration of the nervous system from any cause; fainting and dizziness; cramps in the arms, legs, or abdomen; severe purging. "It is antidotal to almost all the drastic vegetable poisons; relieves Strangury; procures reaction from cold, congested conditions; is the great anti-choleraic; and quiets nervous irritability, sometimes better than *Coff.*, *Ign.*, or *Hyos.* This is its whole clinical value—and a great one it is—in a nutshell" (*Holcombe*). In *sudden* attacks, two drops on a small piece of loaf-sugar, repeated every fifteen or twenty minutes, for three or four times; in *Cholera*, four drops, ad-

ministered in the same manner, every ten, fifteen, or twenty minutes. The strongest—*Rubini's*—preparation is the best. In consequence of its volatile properties, it must be kept separate from all other homœopathic remedies.

12. Cantharis.—Affections of the *urinary* organs pain in the loins; scanty, *scalding*, and even bloody urine; tenderness about the bladder; Strangury; suppression of urine from acute congestion; etc.

EXTERNAL USE.—In burns and scalds with threatened or actual blisters: for *lotion*—ten drops of the strong tincture to a teacupful of water. *Cantharidine pomade* is good for recent falling off of the hair after illness; etc.

13. Carbo Vegetabilis.—Affections of the *digestive organs*, with oppression after eating; *flatulent distention of the stomach*, with acidity or heartburn; burning and contractive pain and emission of *fœtid flatulence;* a burning sensation in the lower bowel; tendency to Diarrhœa; Piles; Worms; Toothache, with spongy or ulcerated gums; hoarseness, loss of voice, and sensitiveness to variations of weather; chronic Nettle-rash; itching and burning of the skin; unhealthy, burning, fœtid Ulcers. *Carbo Vegetabilis* counteracts the injurious consequences of *Mercury* and *Quinine*.

14. Chamomilla.—Diseases of children and women affecting the nervous, biliary, and uterine systems. *Convulsions*, arising from teething, anger, or pain in the bowels; Neuralgia, with tearing, dragging, and lancinating pains; Toothache, the pains being worse at night tearing and stitching, with swelling of the cheeks, and a feeling as if the teeth were elongated; *difficult dentition*,

when one of the cheeks is red and hot, the gums swolle and sensitive, the child irritable, and Convulsions ar indicated; *Diarrhœa of Children*, from cold or teething, when the motions are watery, slimy, *green*, or yellow, and preceded by cutting pains; dentition-fever, with crossness, restlessness, and irregular circulation, one cheek being hot, the other cold; *catarrhal* cough of children, with hoarseness and rattling of mucus in the throat. The action of this remedy upon the sexual system of women is very marked, especially in *Dysmenorrhœa*, and in various derangements during pregnancy; after-pains. Also for the consequences of passion, and when pain seems to be intolerable, owing to the extreme sensitiveness of the patient.

15.—**China.—Peruvian Bark.**—Weakness, with easy perspiration consequent on exhaustive discharges—loss of blood, Diarrhœa, prolonged nursing, sexual excesses, etc.; consequences of intermittent and other miasmatic fevers, purgatives, mercury, broken rest, etc. It is specific to many forms of fever of a *periodic* type; debility marked by disposition to sweat; exhausting night sweats; Diarrhœa, especially summer Diarrhœa, with or without pain, and when the discharges are slimy, bilious, or mixed with undigested food, and very offensive; loss of appetite; bilious taste; flatulence; Jaundice; enlargement of the spleen, with a dirty-yellow complexion; debilitating seminal emissions (*Spermatorrhœa*) from sexual vices, with undue excitement of the sexual instinct, in patients weak, low-spirited, and dyspeptic.

16.—Cimicifuga (*or* Actæa) Racemosa. — *Rheumatic* affections, chiefly of the left side, especially when there are uterine difficulties or irregularities; "*nervousness;*" pains in the left side below the breast in females; pain in the lumbar region; crick-in-the-back; headache, with aching-pain in the eyeballs; palpitation of the heart; sinking at the stomach (not of gastric origin); Amenorrhœa, Dysmenorrhœa, and Menorrhagia; disorders of pregnancy and the critical age, etc.

17.—Cina.—Homœopathic to the condition which produces intestinal parasites, and to affections arising from their irritation; especially *thread-worms*, indicated by picking the nose, grinding the teeth, convulsions and spasms, voracious appetite, alternating with poor appetite, itching at the seat, diarrhœtic motions, discharge of worms, wetting the bed, cutting pain in the abdomen, hoarse, hollow cough in children, and other symptoms from inverminous affections.

18.—Coffea.—Morbid sensitiveness and irritability of the nervous system, especially the effects of joy; fretfulness and *wakefulness* of children; nervous Toothache; almost insupportable labour-pains or after-pains; nervous sufferings of highly excitable children or hysterical women.

19.—Colocynthus.—This drug has not a wide range of action, and is chiefly prescribed for griping, *flatulent Colic*, with diarrhœtic evacuations; *Neuralgia*, *Sciatica*, etc.

20.—Cuprum.—Derangements of the nervous system, *cramps*, *convulsive movements*, etc.: St. Vitus's dance

Epilepsy, with violent Convulsions, paleness of the face, dizziness, and great debility; general nervous affections accompanied by spasm and emaciation; cramps and vomiting of Cholera; extreme pain in the bowels, with prostration, sallow complexion, and vomiting; some cases of Hooping-cough; etc.

21.—Drosera.—*Hooping-cough*, with suffocative symptoms, vomiting, or bleeding from the nose, especially when the "hoop" has become fully developed, and after the use of *Ipecacuanha* and *Belladonna;* also in *spasmodic cough* generally, with a tickling sensation in the throat, vomiting or wheezing breathing, and a feeling of suffocation.

22.—Dulcamara. — Various affections—Cold in the head, nausea, Catarrh of the bladder, mucous Diarrhœa, etc.—from *damp* or a thorough wetting; itching and stinging eruptions of the skin, and other conditions following a cold. If taken immediately after exposure to damp, *Dulcamara* will often prevent the ordinary consequences of a Cold.

23.—Gelseminum Sempervirens.—This drug, one of the new American Remedies, has a sphere of action apparently midway between that of *Acon.* and *Bell.* Under the *nervous* system, it is useful in—nervous shiverings without chilliness; excitement of hysteric patients; languor, etc., from night-watching; neuralgic face-ache, with twitchings of the muscles near the affected part; spasmodic Croup, when *Acon.* fails or the brain is involved; simple sleeplessness of children, or from mental excitement. In *Scarlatina* it is useful when *Acon.* or

Bell. fails to bring out the eruption bright, especially in young children; also in this and other fevers when there is a tendency to *remittency*. Weakness of sight, with dimness or double vision, with dull heaviness in the head, and dizziness; Palpitation of the heart; pure nervous Toothache—(applied locally); many ailments of children during teething, as sleeplessness, pain with sudden outcries, Spasm of the glottis, etc.; wetting the bed; acute pain in the muscles, from over-exertion, etc.

24.—**Hamamelis.**—Varicose veins; *Hæmorrhage from veins;* painful and *bleeding* Piles; tendency to Hæmorrhage from various parts; vicarious Menstruation; Dysmenorrhœa from disease of the ovaries; discoloration, as from a bruise.

EXTERNAL USE.—*Ham.* is sometimes a good substitute for *Arn.* when the latter does not agree with the patient. It is a good application for Chilblains, bleeding Piles, etc. One part of the strong tincture to four of water.

25.—**Hepar Sulphuris.**—This is a compound of *Sulphur* and *Calcarea*, and has points of resemblance to each, influencing the *skin* like *Sulphur*, and the *glands* like *Calcarea*. It has also an action differing from either of these remedies separately. It is chiefly prescribed in *inflammatory affections of the wind-pipe and air-passages*, —Croup, wheezing breathing, Hoarseness; consumptive Coughs, etc.; also for *scrofulous enlarged glands* discharging matter; Abscesses; Scald-head; salivation, and other consequences from large doses of *Mercury*,

Like *Silicea*, but to a less extent, it favours the *suppurative* process.

26.—**Ignatia.**—This remedy is valuable for the consequences of *grief*, in persons, females particularly, of a highly sensitive temperament, who often change from high spirits to a low state of despondency; nervous Headache; *hysteric*, convulsive, or spasmodic disorders, consequent on grief, disappointment, or ill-humour, with the sensation of a ball rising in the throat (*globus hystericus*); nervous affections of girls at puberty, and women at the critical period; also some of the symptoms of *Hypochondriasis* in the male sex; convulsive affections of infants and children from worms; Prolapsus ani; etc.

27.—**Ipecacuanha.**—Chiefly useful in affections of the *respiratory* and *digestive* organs. Spasmodic, suffocative Cough, with tickling in the throat, sometimes with nausea, vomiting, bloody expectoration, or bleeding from the nose; *Spasmodic-asthma*, especially at night; *Hooping-cough*, during the spasmodic stage, with rattling breathing; hay-fever, and some varieties of bronchitis. Derangements of the digestive organs, characterised by simple *nausea and vomiting*, with or without Diarrhœa; Colic, with loose, fermented, or dysenteric stools, especially in children. *Hœmorrhage* from various organs, the blood being bright-red, with anxiety, pale face, vomiting, etc.

28.—**Kali Bichromicum.**—*Affections of the mucous membranes and the skin.* On the respiratory mucous lining it has great power, especially in *chronic Bronchitis*, with

much tough, stringy mucus, difficult to expectorate Cough, with wheezing, difficult breathing; chronically ulcerated throat; *Hoarseness; chronic Catarrh;* Croup; *Polypus of the nose.* It is curative in catarrhal and strumous Ophthalmia, and in syphilitic affections of the eye. In the digestive tract it is valuable in chronic Dyspepsia, with heartburn, *eructatious,* nausea, *thickly-coated, yellowish tongue,* bitter taste, etc. An additional ndication for its use is a simultaneous affection of the respiratory and digestive mucous membrane. Affections of the *skin,* within the sphere of the action of this remedy, are chiefly pustular eruptions, Ulcers of the legs (see also *Calendula* as an external remedy), especially of a syphilitic character, and pimples on the face.

29.—**Lycopodium.**—Atonic affections of the digestive organs; pain, sensitiveness, or distention of the abdomen; waterbrash; chronic Constipation; Gravel and Stone; moist eruptions; Scald-head; glandular swellings; rheumatic complaints; scrofulous Ulcers; loss of hair.

30.—**Mercurius.**—There are various preparations of *Mercury* used by homœopathic practitioners, but in this Manual we have chiefly referred to two, as under:—

1st.—MERCURIUS SOLUBILIS.—This remedy is prescribed for:—*Glandular affections,* with swelling and sometimes suppuration; *Sore throat,* with swelling, pain, difficulty in swallowing, and ulceration; profuse flow of saliva from the mouth, with a fœtid odour; Thrush; Cancrum oris; Toothache from decay, with aching, tearing pains, extending to the temples and

glands, and a tendency to gum-boils; *Jaundice*, yellowness of the skin and of the whites of the eyes; *Ophthalmia;* agglutination of the eyelids; Ulcers on the cornea; discharge from the ears, soreness, Deafness; *Diarrhœa*, frequent desire to relieve the bowels, preceded by chilliness, with *green-*, clay-, or various-coloured, slimy and offensive, evacuations, especially the Diarrhœa of infants and children; torpid liver, with deficient secretion of bile, as shown by pale, fœtid, and costive motions, dull pain in the right side, poor appetite and dejection of spirits; long round worms; *syphilitic* and scrofulous swellings of the glands in the groins; *Gonorrhœa*; syphilitic Ulcers, etc. Two marked symptoms indicating this remedy are, aggravation of the pains and general symptoms at night, and profuse perspirations that afford no relief.

2nd. — MERCURIUS CORROSIVUS. — *Dysenteric* affections, with *tenesmus*, burning pains in the abdomen, and discharge of blood and mucus; Cirrhosis; scrofulous, rheumatic, and syphilitic *Ophthalmia;* Gonorrhœa, in the first stage, with sharp pain on urinating; syphilitic eruptions, etc.

31.—**Nux Vomica.**—Functional gastric derangements from a depressed condition of the nervous system, especially the following:—*Constipation*, with ineffectual desire for stool; *Constipation alternating with relaxation*, the action being "*inharmonious and spasmodic;*" *waterbrash, heartburn, flatulence*, the symptoms being of a *spasmodic* character; *headache*, with giddiness, flushed

ace, constipation, and other symptoms dependent on gastric conditions; acute Indigestion, with nausea and violent vomiting, headache, trembling hands, and other affections following intoxication. Chronic congestion of the liver; spasmodic Asthma; dry Coryza; irritable bladder, and spasmodic Stricture, from abuse of alcohol. The pains which point to *Nux* arise from *spasm*, and not from inflammation. It is especially valuable in affections resulting from sedentary habits, want of out-of-door recreation, too close brain-labour, anxiety, and business cares, night-watching, indulgence at table, and the abuse of alcohol or tobacco. It is best adapted to persons of spare habit, firm fibre, and of energetic, irritable, or hypochondriacal disposition, with tendency to irregular action of the bowels, and Piles. The symptoms come on or are worse *early* in the morning, and are increased by taking food, or by mental effort.

32.—Opium.—*Obstinate constipation*, from paralytic obstruction, or want of peristaltic action of the intestines; lead Colic; paralytic retention of urine; recent affections from fright, or sudden violent emotions; *apoplectic* conditions, with *stertorous* breathing, and slow and full pulse; *Typhus fever*, with sleepiness, listlessness, and partial retention of urine; general mental and physical torpor. As may be inferred from the last indication, *Opium* is often useful in that nervous insusceptibility through which remedies, although clearly indicated, fail to effect improvement, when by restoring impressionability it places the patient in a condition to be benefited by the appropriate remedy.

33.—**Phosphorus.**—Chiefly valuable in affections of the lungs, and in long-continued, exhausting diseases, of which the following is an epitome:—*Pneumonia*, especially in children; chronic Bronchitis, with considerable constitutional irritation; Hoarseness; *dry Cough*, or cough with expectoration of mucus, sometimes with blood; chronic Cough; *Consumption*, in which it is of signal use, moderating the cough, Diarrhœa, and Congestion of the lungs; chronic *wasting*, *Diarrhœa*, and *Hectic;* chronic Inflammation of the stomach and bowels; Atrophy of the liver, and other hepatic affections; malignant Jaundice; fatty degeneration, in any part; Typhus and other fevers, with atonic condition of the brain, and want of vital reaction; also *physical* and *nervous weakness* from loss of animal fluids, especially from *sexual excesses* and *self-abuse*.

34.—**Pulsatilla.**—*Mucous Dyspepsia*, with thickly-coated rough tongue, nausea and vomiting of bile, mucus, or of a bitter, sour fluid, with diminished or altered taste; Indigestion from fat, pork, pastry, or other rich food; mucous Diarrhœa, with little pain, chiefly at night; heart-burn. It assists in cleansing the tongue, moderating the Catarrh, and checking the Diarrhœa in *Measles*, *Chicken-pox*, *Remittent-fever*, and other diseases of children. In the *respiratory* mucous membrane it is chiefly useful in *catarrhal* affections and *sub-acute Bronchitis*, with much mucous discharge. *Pulsatilla* is much used in profuse lachrymation, agglutination, twitching, Styes, and other affections of the *eye-*

lids, especially of a sub-acute character and in scrofulous persons. *Deafness* from Catarrh, or following Measles, with noises in the ears; ear-ache of children, with purulent discharge. *Varicose veins*, and embarrassed venous circulation, especially during pregnancy. In *Gout* and *Rheumatism*, it is chiefly indicated when the attacks are sub-acute, and the pains shift from one part to another. The most remarkable property, however, of this remedy is its action upon the female sexual system, as in tardy, scanty, or suppressed Menstruation; Leucorrhœa; false, delayed, or deficient labour-pains; retained *placenta;* excessive after-pains; suppression of the lochia, and a deficient secretion of milk. It is also useful in *swollen testicle*, and other affections of the male organs. Generally, however, *Pulsatilla* is more suited to the female sex, or rather to persons of gentle dispositions, of fair complexion, easily excited to laughter or weeping, and with a tendency to *relaxation* rather than constipation.

35.—**Rhus Toxicodendron.**—This remedy is chiefly used in *Rheumatism*, and in *affections of the skin*. Rheumatism, sub-acute and chronic, worse during rest, and on first attempting to move, but relieved after a little movement; Lumbago, especially after the use of *Aconite;* Rheumatism; Sciatica; Paralysis, partial or complete, especially from exposure of the back to damp and cold; *vesicular Erysipelas;* Chicken-pox; Ringworm; Shingles; Scald-head; etc.

EXTERNAL USE.—*Rhus* is valuable in *sprains, injuries to ligaments, tendons*, joints, and the membranes invest-

ing the joints. Also in extensive *superficial burns*, the *stings* of insects, old Chilblains, and sometimes warts, are relieved or cured by it.

36.—**Silicea.**—*Scrofulous Ulcers;* gumboil; glandular and lymphatic swellings; *affections of bones* (Rickets); *Housemaid's Knee;* Ringworm; Scabbed-head; Corns; *Whitlows;* fœtid smell of the feet; Leucorrhœa, etc. It is most suited to chronic diseases, and to organic rather than functional changes. *Silicea* is remarkable for its power over the absorbent and exhalent vessels, especially those of the joints, sheaths of tendons, etc. It promotes the kindly *suppuration* of Abscesses of all kinds, with good or bad pus, and tends to moderate suppuration when it is excessive.

37.—**Spongia.**—We have inserted this remedy in our list, not because it is in very frequent demand, but because it ought to be at hand *whenever* required.

Its grand use, alone, or more generally in turns with *Acon.*, is in *Croup*, especially in the earliest stage, when it will frequently terminate an attack in a short time. It is also useful in dry, hard, barking Cough,* worse at

* The following is a good proof of the value of *Spongia*. We were sent for recently to a patient at Folkestone, and while staying in the house were distressed by hearing the dry, hard, hoarse laryngeal cough of a favourite dog. We asked the lady, who was a clever non-professional prescriber, if she had given any remedy to cure the dog's cough. As she had not, we prescribed *Spongia*, having often found this remedy most useful in similar coughs affecting human patients. We had the 1x dil. in our pocket-case, and made a mixture for the dog at once. The animal had suffered from the cough for many weeks, and the paroxysms were frequent and distressing. Ten days afterwards we were informed that the dog never coughed again after the

night; Hoarseness, with dry cough and obstructed breathing; croupy cough, such as frequently precedes or follows Croup; goitrous enlargements; etc.

38.—Sulphur.—This drug has a specific action upon the *skin*, and less so upon the mucous membranes; in a minor degree it affects all parts of the animal economy. In affections of the skin, it is indicated by an irritation or itching, which yields an agreeable sensation on scratching, and it is aggravated by the warmth of bed; eruptions, chiefly papular, but sometimes vesicular; *Boils*, preventively and curatively; Chilblains; Whitlows; Scald-head, and in many *scrofulous affections*. *Sulph.* is strictly homœopathic to boils, since it is well known that they often result from the excessive use of this drug, as in drinking sulphur-waters. "I know a lady," writes Dr. Hughes, "who accompanied her husband to Harrogate; and, although herself in good health, joined him in drinking the waters. When she returned home, she came under treatment covered with Boils." In affections of the *mucous tract*, *Sulph.* is chiefly required in those of the eyes, the urethra, and the rectum, as in *strumous* and catarrhal *Ophthalmia;* incontinence of urine; chronic Gonorrhœa; prolapsus of the womb; burning and *itching of the anus;* tapeworm; *Piles and chronic Constipation*.

Sulphur is often of service in arousing dormant

second dose of the mixture: and as were preparing the previous edition of this book for the press—three months later—it was reported well and free from cough.

nervous energies, so as to render the system susceptible to the action of medicines indicated. *Opium* has a like property.

39.—**Veratrum Album.**—*Autumnal Diarrhœa*, when vomiting is superadded to the purging. English and Asiatic Cholera; Diarrhœa and painful gripings; violent vomiting and purging, short of that sudden deadly collapse which indicates *Arsenicum*. Cramps in the bowels or limbs; Headache with vomiting; cold sweat and coldness of the whole body; black vomit; great weakness and Convulsions; vomiting during pregnancy. It is often beneficial in the convulsive stage of Hooping-cough.

40.—**Veratrum Viride.**—*Fever*, with *severe headache* and brain-symptoms, *rapid pulse*, and *sickness;* remittent fever of infants; the invasive stage of Scarlatina, Measles, etc., with head symptoms as above; *Erysipelas*, especially the vesicular variety: here it may also be applied externally—thirty drops of the strong tincture to half-a-pint of water; Congestion of the head during teething; Pneumonia; etc. Inflamed Corns, Bunions, etc., may be touched with the strong tincture.

Antidotes.

In the event of an over-dose of any of the above medicines having been administered, two drops of the strong *Tincture of Camphor*, or a strong infusion of *Coffee*, will generally arrest any unpleasant consequences.

PART IV.

CLINICAL DIRECTORY.

The object of the Clinical Directory is to enlarge the utility of this manual by prescribing for numerous diseases and conditions, arranged alphabetically, that could not otherwise be included in the work, and to give at a glance some of the leading remedies that the Author, and other physicians, have found valuable in practice.

To use this portion intelligently, it is essential to possess a knowledge of Materia Medica, as it is only intended to *refresh the memory* of the initiated; or to consult it always in connexion with a good work of that description.

While we have endeavoured to arrange the *remedies* in the order of their importance, or in that in which they are most likely to be required, our success cannot always be taken for granted; and, indeed, in some cases, our necessarily brief list may not include the true homœopathic remedy at all. Individuality and idiosyncrasy may greatly modify the choice. The perfection of prescribing lies in a concentration of attention on *individuals*, and in bringing into the focus of thought, as it were, the morbid symptoms and signs present, with the various circumstances of parentage, habits of life, proclivities to diseased action, and any peculiarities which may influence the patient.

Finally, we take the liberty to add, the Directory consists of prescriptions that have been largely tested and amply confirmed by clinical (*bed-side*) experience.

*** The contractions *alt.*, *int.*, and *ext.*, signify *alternately with*, *internally*, and *externally* respectively.

Clinical Directory.

Abscess: ACUTE—Bell. *or* Acon. alt. Hep.-S.; Merc.-Iod., Ars.
CHRONIC—Sil., Calc., Sulph., Phos.; Chin. (*excessive discharge*).
MAMMARY—Phyto., Bry. (*for the earliest symptoms*); Bell. alt. Hep.-S.; Phos. (*chronic cases*); Merc., China, and Spongiopiline *ext.*

Acid Dyspepsia (*heartburn*): Carb.-V., Bry., Nux V.; Lyc. (*in elderly persons*); Puls., Verat.-Alb.

After-Pains: Sec., Coff., Puls., Arn., Cham., Croc.

Ague: Chin. *or* Quin.; Ars. (*chronic*); Verat.-Alb. (*severe and obstinate*); Phos.-Ac., Cedron; Nux V. *or* Ipec. (*much gastric disturbance*); Sulph.-Quin. (*obstinate, symptoms variable*); Ign. (*much chill with frequent paroxysms*).

Alcohol: EFFECTS OF EXCESSIVE USE OF—Nux V., Opi., Ars., Caps.; Ant.-T. (*gastric irritation*).

Alopecia (*loss of hair*): From PREVIOUS ILLNESS, GRIEF, etc.—Phos.-Ac., Ign., Calc., Sil., Chin., Canth. (and *ext.* in pomade). Thorough brushing with long-bristled hair-brushes.
From MERCURY—Carbo V., Hep.-S.
With FREQUENT HEADACHE—Fleur.-Ac., Nit.-Ac., Phos., Sep., Sulph., Calc.

Amaurosis (*complete or partial loss of vision*): Bell., Euphr., Merc.-Cor., Zinc., Hyos., Gels., Nux V., Chin.

Amenorrhœa (*absent or deficient monthly period*): Puls., Sep., Coni. (*chronic*); Ferr. (*with anæmia*); Senecio, Sulph. *See also* **Menstruation.**

Anæmia (*deficiency or poverty of blood*): Ferr., Chin., Phos.-Ac., Ars., Sil., Helon.

Anger: EFFECTS OF—Cham., Acon., Bry., Hyos., Coloc.

Angina Pectoris (*breast-pang*): Ars., Dig., Samb., Verat.-Alb., Cact., Lach., Verat.-Vir., Strych.

Ankles: SWELLING OF—Ars., Chin., Bry., Phos. Ferr., Apis. *Also rest in the prone posture.*
WEAKNESS OF—Calc., Phos., Sulph., Sil.

Anus ITCHING OF—Sulph., Nit.-Ac.; Cin., Ign. *or* Merc. (*from worms*); Ars., Acon. (*burning itching with dryness*); Sulphurous Acid *ext.*
PROLAPSUS OF—Ign., Nux V., Podoph., Merc. Local bathing, injections, and carefully returning the prolapsus.

Anxiety, Care, Grief, etc.: EFFECTS OF—Ign., Aur., Nux V., Phos.-Ac., Puls., Gels., Chin.

Aphonia (*loss of voice*): Acon. ; Caust. (*catarrhal*) : Bary-Carb., Phos., Merc. ; Ign. *or* Bell. (*hysterical*); Kali Hyd. (*syphilitic*); Arn. (*from over use*).
CHRONIC—K.-Bich., Hep.-S., Phos., Carbo V., Caust., Merc.

Aphthæ (*Thrush*): Borax *int.* and *ext.* ; Merc., Ars., Sulph. ; Sulphurous Acid Spray—one part to ten of water.

Apoplexy: Acon., Opi., Bell., Glon., Nux V.
PREDISPOSITION TO—Strict temperance in eating and drinking ; avoidance of excitement, haste, heated rooms, etc.

Appetite: LOSS OF—Chin., Nux V., Puls., Rhus, Ars., Ferr.
VORACIOUS OR DEPRAVED—Calc., Cin., Nux V., Sil., Verat.

Ascarides: *see* **Thread-Worms.**

Ascites (*abdominal dropsy*): Apocy.-C., Ars., Apis, Dig., Chin. Lyc.

Asthma: Ars., Acon., Ipec., Lob., Euphr., Cup.
OF CHILDREN—Ant.-T., Samb., Ipec., Ars., Cup.

Atrophy (*wasting*): Iod., Calc., Sulph., Phos., Ars., Puls.
From WORMS—Cin., Merc., Ant.-C.

Backache—From EXERTION—Arn., Rhus, Bry., Gels.
From PAINFUL PERIOD—Bell., Puls., Sec., Cocc., Plat.
From SPINAL IRRITATION—Chin., Ign., Nux V., Gels.
See also **Lumbago, Menstruation**: PAINFUL.

Baldness: *see* **Alopecia.**

Barber's Itch: Ant.-T., Cinnab., Ars.

Bed-Sores: Glycerine-cream or Calendula-lotion ; also Calend. or Arn.-plaster. In bad chronic cases a water- or air-bed.
PREVENTION OF—Washing the parts exposed to pressure morning and evening with tepid water ; and, after drying with a soft towel, a little glycerine or glycerine-cream should be rubbed evenly over the parts. When there is much redness, and the skin is unbroken, a little brandy or other spirit of proof strength should be applied.

Belching: *see* **Eructations.**

Bilious Attacks: Iris (*sick-headache*) ; Ipec. ; Cham. (*in children and excitable females*) ; Bry., Acon., Nux V., Puls., Ars.

Bites and Stings: Ledum, Apis, Rhus, Canth., all *int.* and *ext.*

Black-Eye: Arn. *ext.*, immediately ; Ham. (*broken skin or discoloration*).

Bladder: CATARRH OF—Ant.-C., Puls., Ferr., Canth., Cann.
INFLAMMATION OF—Canth., Tereb., Apis, Acon.
PARALYSIS OF—Bary.-Carb., Acon., Nux V., Ars., Bell.
See also **Urine.**

Ilear-Eyes: Euph., Sulph., Puls., Merc., Ars., Calc., Clemat.

Bleeding: *see* **Hæmorrhage.**

Blindness: *see* **Amaurosis.**

Bloody-flux: *see* **Dysentery.**

Bloody Urine: *see* **Hæmorrhage**: From the BLADDER.

Blotches: Ars., Bell., Hep.-S., Ant.-C., Graph., Lyc., Clemat.

Boils: Bell., Sulph., Hep.-S.; Arn. (*much pain*; Apis (*numerous and small*); Sulph., Hep.-S. (*to prevent recurrence*).

Bones: CARIES (*decay*) OF—Sil., Phos.-Ac., Sulph., Calc.
CURVATURE OF—Calc., Sil., Sulph.
EXOSTOSIS (*abnormal growth of*)—Aur., Merc.-Iod.
PAINS IN—Merc., Aur., Mez., Ars., Merc.-Iod, Eup.-pur.

Bowels: INFLAMMATION OF—Acon., Bell., Coloc., Merc.-C., Ars., Bry.; also hot fomentations, poultices, or wet compresses.
PAIN IN—*see* **Colic.** *See also* **Constipation, Diarrhœa, Anus,** etc.

Brain: CONCUSSION OF—Arn., alt. Acon. *or* Bell.
CONGESTION OF—Glon., Bell., Acon.
FEVER—*see* **Typhus-Fever.**
INFLAMMATION OF—Acon., Bell., Verat.-Vir., Bry., Hyos., Opi.

Breast: *see* **Abscess**: MAMMARY.

Breast-Pang: *see* **Angina Pectoris.**

Breath: FŒTID—Merc., Carbo V., Spig., Aur., Acon., Puls.

Breathing: DIFFICULT—*see* **Asthma, Bronchitis, Croup,** etc.

Bright's Disease: Ars., Phos., Merc.-C., Tereb., Canth.

Bronchitis: ACUTE—Acon., Ant.-T., Bry., Ipec., Phos., K.-Bich.
IN CHILDREN—Phos., Ant.-T., Lob.
IN THE AGED—Carbo V., Ant.-T., Senega, Squill.
CHRONIC—K.-Bich., Hep.-S., Phos., Carbo V., Ars., K.-Hyd.

Bruises: Arn. (*externally*). *See also* **Contusion** and **Ecchymosis.**

Bunions: Verat.-V., Arn. *or* Ruta, as a paint.

Burns and Scalds: Canth., Rhus, Krea. *or* Urtica, *ext.*, *very dilute.*

Cancer: Ars., Hydrast., Coni., Phyto.

Canker of the Mouth: K.-Chlor., Merc., Ars. (*Idiopathic*); Carbo V., Nit.-Ac. (*mercurial*); Sulphurous Acid Spray, locally.

Carbuncle: Bell, alt. Sulph. (*early stage*); Apis (*much swelling*); Ars. (*bad cases*); Acon. (*much inflammation*); Sil. (*indolent*).

Caries (*decay*) **of Bones**: Sil., Phos.-Ac., Aur., Nit.-Ac., Merc.
Of Teeth—Krea., Merc., Staph., Phos

Cataract: Coni., Phos., Cann., Calc., Sil., Sulph., Sang., Bell.

Catarrh: *see* **Cold-in-the-Head.**

Chancre (*a syphilitic sore*): Merc., Nit.-Ac., K.-Hyd., Phyto.

Change of Life: *see* **Menstruation**: Cessation of.

Chapped Hands: Arn.-, Calend.-, *or* Glycerine-Cerate.

Chicken-Pox: Rhus., Sulph., Ant.-T.

Chilblains: Petrol., Puls., Ham. *or* Rhus, *int.* and *ext.*; Phos., Tamus Com., Calend., *or* Kreas. *ext.*

Child-bed-Fever: *see* **Puerperal-Fever.**

Chlorosis (*green sickness*): Ferr., Puls., Ferr.-Iod., Sep., Calc.

Cholera: Malignant—Camph., Verat., Cup., Ars.

Chordee: Acon. *int.* and *ext.*; Gels., Bell., Canth., Chloral.

Chorea (*St. Vitus's Dance*): Cupr., Agar., Verat.-Vir., Artem., Bell., Ign., Cimic., Ars.

Cirrhosis (*a diseased, contracted liver*): Phos., Merc.-C., Dig., Ars.

Cold-in-the-Head: Acon.; Ars., Merc.; Nux-V. (*stuffy cold*) Euphr. (*lachrymation*); K.-Bich., K.-Hyd., *or* Sulph. (*chronic*).

Cold-on-the-Chest: Bry. alt. Acon. *or* Phos. *See also* Bronchitis.

Cold Feet: *see* **Feet.**

Colic: Coloc. (*with diarrhœa*), Nux V. *or* Plumb. *constipation*) Iris (*flatulent colic*); Collin.
Lead—Opi., Alum., Sulph.-Ac.
Menstrual—Cocc., Platt., Nux V., Sec., Ign.

Congestion of the Brain: Acon., Bell., Glon., Opi., Gels.
Of the Liver—Merc., Bell., Aloes, Bry., Chin., Ars., Iod., Acon.
Of the Lungs—Acon., Phos., Verat.-Vir., Ant.-T., Bry.

Constipation: Nux V. (*frequent ineffectual efforts*); Bry. *or* Opi. (*torpor*); Lyc. (*with flatulence*); Sulph., Collin., *or* Æscul. (*with piles*); Plumb. (*obstinate*).

Consumption: Phos., Ars., Phos.-Ac., Ferr.-Iod., Dros., Calc.-Iod., Lyco.; *also* Acon. *or* Bry. (*for occasional symptoms*).
Of the Bowels—Iod., Calc., Ferr., Sulph., Merc.-Iod., Ars.

Contusion: Arn.; Ham. (*with discoloration*); Coni. (*of the female breast*); Ruta (*of the shin bone*); all *int.* and *ext.*

Convulsions: Bell., Cham., Verat.-Vir. (*with cramp*); Gels. (*rigidity*); Opi. (*from fright*). *Also*, Enemata of warm water. *See also* **Epilepsy.**
HYSTERICAL—Camph., Moschus, Ign., Hyos.

Corns: Calc., Sulph. *Also* Arn. (*simple*), *or* Verat.-Vir. (*inflamed*), *ext.* use of.

Corpulency: *see* **Obesity.**

Cough: CATARRHAL—Acon., Bell., Bry., Caust.
CHRONIC—K.-Bich., Sulph., Phos., Bry.
CROUPOUS—Spong., Hep.-S., Cupr.
HOOPING—Ipec., Dros., Coral., Nit.-Ac.; Verat.-Vir., Gels., *or* Bell. (*head-symptoms*).
HYSTERICAL—Coral., Hyos., Ign.
In most cases cough may be modified by strong efforts of the will to resist it.

Courses: *see* **Menstruation.**

Cracks of the Lips, etc.: Graph., Merc. *Also* Arn.-, Calend.-, *or* Glycerine-Cerate. Aloes cures cracks in horses.

Cramps: IN THE ABDOMEN—*see* **Colic.**
IN THE CALVES—Verat., Nux V.; Arn. (*from fatigue*); Bell., Cupr., Gels.
IN THE STOMACH—Nux V., Dioscor., Cocc.

Crick-in-the-Neck: Acon. alt. Bell. (*cold*); Cimic., Bry.

Critical Age: *see* **Menstruation**: CESSATION OF.

Croup: Acon. alt. Spong., Iod., *or* Hep.

Cyanosis (*blue disease*): Dig., Ars., Cupr., Verat.

Cystitis (*inflammation of the bladder*): Canth., Tereb., Apis.

Dandriff (*scurf on the head*): Ars., Graph., Lyc., Sulph., Rhus.

Deafness: FROM COLD—Acon., Merc., Bell., Puls., Dulc.
From ENLARGEMENT OF TONSILS—Merc.-Iod., Bell., Calc.-Phos. Bary.-Carb.; Iod. *or* K.-Hyd. (*chronic*).
After MEASLES—Puls., Sulph., Bell.
After SCARLATINA—Bell., Hep.-S., Calc.
After SMALL-POX—Merc., Sulph., Bell.
From NERVOUS DISEASE—Phos., Phos.-Ac., Chin.; Petrol. (*noises*)

Debility: Chin., Ferr., Phos., Phos.-Ac. (*from loss of blood, etc.*); Ign., Mosch., Phos.-Ac., Iod., Nux V. (*nervous*).

Delirium Tremens: Stram., Opi., Bell., Hyos., Nux V.

Dentition (*difficult*): Calc., Cham., Acon., Krea., Verat.-Vir., Merc.

Depression of Spirits: Ign., Aur., Chin., Nux V., Plat.; Merc., *or* Podoph. (*from disordered liver*); K.-Brom.

Derbyshire Neck: Spong., Merc.-Iod., Iod., Brom.

Determination of Blood: *see* **Congestion.**

Diabetes (*excessive, sugary urine*): Phos.-Ac., Ars., Nux V., Helon.

Diarrhœa: From INDIGESTIBLE FOOD—Ant.-C., Puls., Ipec.
From COLD—Acon., Dulc., Merc., Camph. (*sudden.*)
From WORMS—Cin., Ars., Merc.
With COLIC—Coloc., Verat.
NOCTURNAL—Puls., Chin., Rhus, Nuphar (*morning*).
SUMMER—Chin., Verat, Cham., Ars., Iris.
IN CHILDREN—Cham., Merc., Rheum, Ipec., Dulc., Ars., Iris.
IN THE AGED—Phos., Ars., Chin., Ant.-C.

Diphtheria: Bell., Phyto., K.-Permang., Merc.-Iod., Ars., Mur.-Ac. *Also* Phyto. *or* Sulphurous Acid locally.

Dizziness: Acon., Bell., Nux-V., Cocc., Bry., Puls., Gels.

Dropsy: Ars., Apis, Dig., Bry., Chin., Apocy.-C.
OF THE ABDOMEN—*see* **Ascites.**
OF THE BRAIN—*see* **Water in the Head.**
OF THE CHEST—Dig., Ars., Bry., Hell.
OF THE EXTREMITIES—*see* **Œdema.**
POST SCARLATINAL—Apis, Ars., Canth., Hell.
OF THE SCROTUM—Iod., Rhod., Graph., Aur.

Drowsiness: Opi., Acon., Bell.; Lyc. (*after dinner.*)

Dysentery: Merc.-C., Ipec., Ars., Aloes (*chronic, with piles*), Ham.

Dysmenorrhœa: *see* **Menstruation**: PAINFUL.

Dyspepsia: *see* **Indigestion.**

Dyspnœa (*difficult breathing*): *see* **Asthma, Bronchitis,** etc.

Ear: ACHING OF—Bell., Puls., Merc., Cham., Acon., Verat.-Vir.
DISCHARGE FROM—Hep.-S., Calc., Puls., Carbol.-Ac., Merc., Caust.
SORENESS OF—Mur.-Ac., Puls.; Caust. (*eruption about the ear.*)
INFLAMMATION OF—Acon., Bell., Puls., Merc.-Sol.
NOISES IN—Ason., Chin.-Sulph., Puls., Mosch., Nux V., Sulph. *Also* Sulphurous Acid Spray.

Ecchymosis (*blackness under the skin*): Ham., Arn., Rhus, Mur.-Ac.

Eczema (*a non-contagious itching eruption*): Ars., Calc., Merc., Rhus; Crot.-Tig., Sulph. (*much itching.*)

Emciation: *see* **Atrophy**: *also* **Debility.**

Emissions: *see* **Spermatorrhœa.**

Enuresis: *see* **Urine**: INCONTINENCE.

Epilepsy; Bell., Cup., Hyos., Stram., Verat.-Vir., Ign.; Ars., Zinc., Calc. (*chronic*): K.-Brom. (*as a palliative*).

Epistaxis (*bleeding from the nose*): Ham. (*dark blood*); Ipec. (*bright blood*); Puls. (*absent or deficient period*); Bry., Acon.

Erections: Lyc., Phos.-Ac., Nuphar (*feeble, painful*); Acon., Bell., Gels. (*spasmodic*).

Eructations: Bry., Nux V., Puls., Sulph.-Ac., Lyc., Carbo V., Ars.

Eruptions: *see* **Rash, Lepra, Eczema,** etc.

Erysipelas: Acon., Bell., Rhus, Verat.-Ver., Apis, Canth., Ars.

Excoriations of Infants: Cham., Calc., Lyc., Sulph. *Also* Hydrast. *or* Calend. *ext.*; *or* the parts dusted with powdered starch.

PREVENTIVE—Tepid washing, followed by careful drying, morning and evening.

Eyelids: AGGLUTINATION (*gumming*) OF—Merc., Hep.-S., Calc., Sulph., Puls. Smear the lids with Sulphur ointment at bed-time.

Eyes: INFLAMMATION OF—*see* **Ophthalmia.**
SORE—Merc., Clematis, Nit.-Ac., Euphr., Bell., Merc.-C.
SQUINTING OF (*Strabismus*)—Bell., Hyos., Gels., Stram.
WEAK—Sulph., Phos., Iod., Bell.
WOUNDS OF—Arn. alt. Acon.; Bell., Ham.

Faceache: Acon., Bell., Coloc., Spig.; Cimic. (*when the eyeballs are affected*); Cham., Sticta. *See also* **Gum-boil.**

Fainting: Mosch., Camph., Ign., Verat., Iod., Chin., Cocc.

Falling-Sickness: *see* **Epilepsy.**

Fatty Degeneration: Phos., Ars., Ferr.

Feet: BLISTERED, etc., from walking—Arnica-bath.
COLD—Sep., Puls., Ferr. The daily use of the Skipping-rope.
FETID SWEAT OF—Silic., Petro., Nit.-Ac., Graph.

Fever: SIMPLE—Acon. *or* Verat.-Vir.

Fistula: Silic., Fluor.-Ac., Calc.; *also* Hydrast. *ext.*

Fits: *see* **Convulsions,** *and* **Epilepsy.**

Flatulence: Nux V., Carbo V. (*Stomach*); Lyc. (*Bowels*); Chin.

Flooding: *see* **Menstruation**: EXCESSIVE.

Flushing: Acon. (*from excitement*); Nux V. (*after food*); Bell. (*with headache*); Cimic., Sep. (*change of life*).

Fright: CONSEQUENCES OF—Opi., Acon., Ign., Cham.

Frog: *see* **Aphthæ.**

Frost-bite: *see* **Chapped-hands**: *also* **Chilblains.**

Gall-stones: Acon., Merc., Podoph, Nux V., Chin. (*preventive*).

Ganglion (*an encysted tumour on a tendon of the foot or back of the hand*): Ruta, Arn., Iod., Silic., Calc., Benzoic Ac.

Gastric Fever: *see* **Typhoid Fever.**

Gatherings: *see* **Whitlow, Abscess, Boils,** etc.

Giddiness: Bell., Nux V., Bry., Acon., Puls., Gels.

Glands: ENLARGED—Merc.-Iod., Bary.-Carb., Bell., Hep.-S., Iod., Silic., Calc.-Phos., Phyto.

Gleet: Cinnabar, Canth., Cann., Puls., Nux V., Sulph., Matico.

Goitre: *see* **Derbyshire Neck.**

Gonorrhœa: Cann., Gels., Merc., Acon., Canth., Thuja, Cop.

Gout: Acon. alt. Bell., Colch. *or* Bry. (*during an attack*); Rhod., Cimic., Puls., Nux V., Lyc.; Arn. *or* Acon. *ext.*

Gravel: Lyc., Ant.-C., Nux V., Bry.

Green-Sickness (*Chlorosis*): Ferr., Puls., Sep., Coni.

Gum-boils: Acon. alt. Bell. (*first symptoms*); Merc., Silic., Hep.-S.; Phos. (*to prevent recurrence*).

Gums: SCURVY OF—Merc., Nit.-Ac., Carbo V., Ars., Sulph.

Hæmoptysis (*spitting of blood*): *see* **Hæmorrhage.**

Hæmorrhage: From the BLADDER—Canth., Tereb., Ham., Arn.
From the ANUS—*see* **Piles.**
From the LUNGS—Ipec., Phos., Ham., Arn., Mill., Acon.
From the NOSE—Acon., Ipec., Ham., Nux V., Bry., Aru.
From the STOMACH—Ipec., Ham., Nit.-Ac.
From the WOMB—Croc., Sab., Sec., Plat., Ipec., Cauloph.
In all cases of hæmorrhages, iced-water should be sipped, or small pieces of ice swallowed.

Hands: UNDUE MOISTURE OF—Fluor.-Ac.
CONGESTED—Bell. (*red*); Puls. alt. Sulph. (*blue and cold*).

Hair: LOSS OF—*see* **Alopecia.**

Hay-fever: Sabad. *int.* and by olfaction; Euphr., Ipec., Ars.

Headache: BILIOUS—Iris, Bry., Acon., Nux V., Puls., Coloc., Ipec., Sep.
CATARRHAL—Acon., Bell., Merc., Nux V., Bry.
CHRONIC—Plat., Arg.-Nit., Plumb., Zinc., Phos.
CONGESTIVE—Bell., Glon., Acon., Verat.-Vir., Nux V.
NERVOUS (*in one-half of the head*)—Ign., Aur., Coff., Cham., Nux V., Phos., Acon., Spig., Sulph.-Quin.
RHEUMATIC—Acon., Bry., Nit.-Ac., Rhus, Spig., Phyto.
SICK—*See* **Bilious.**

Heart: DISEASE OF—Cact.-G., Dig., Naja, Acon., Spig., Ars., Phos.
FEEBLE ACTION OF—Dig., Cupr., Mosch. (*with fainting*).
INFLAMMATION OF MEMBRANES OF—Acon. alt. Spig., Bry., Ars.
PALPITATION OF—Acon., Cact.-G., Mosch., Nux M., Phos., Puls.
RHEUMATISM OF—Spig., Bry., Cact.-G., Cimic.

Heartburn: Puls., Bry., Carbo V., Sulph.-Ac., Verat.-Alb.; Calc.-Carb. (*chronic*).

Hectic Fever: Chin., Phos.-Ac., Ars., Sulph., Sang., Merc.

Hiccough: Nux V., Acon., Ign., Sulph.-Ac., Verat.-Vir.

Hip-joint Disease: Silic., Phos., Calc.-C., Ars., Sulph.; Acon. *and* Bell. (*at first, and when necessary*). *Also* perfect rest.

Hoarseness: Bary.-C., Caust., Phyto., Hep.-S., Phos., Spong., Carbo V. *See also* **Aphonia.**

Hooping-Cough: Ipec., Dros., Coral., Cup., Verat.; Gels., Verat.-Vir., *or* Bell. (*with head symptoms*).

Hypochondriasis: Aur., Arg.-M., Ig., Nux V., Lyco., Anac.

Hysteria: Ign., Plat., Asa., Valer., Cocc., Gels., Puls., Hyos.

Hysteric Convulsions: Camph., Mosch., Opi. (*from fright*). Also cold douche to the face.

Impotence: Phos., Agnus.-C., Nux V., Ferr., Bary.-C., Chin., Nuph., Phos.-Ac.

Incontinence of Urine: *see* **Urine:** INCONTINENCE OF.

Indigestion: ACUTE—Acon., Ipec., Puls., Nux V., Bry.
CHRONIC—K.-Bich., Hep.-S., Carbo V., Sulph., Chin., Lyc.
In CHILDREN—Cham., Puls., Nux V., Sulph., Ant.-C.
In the AGED—Ant.-C., K.-Bich., Carbo V., Nux V., Ars.
From COLD—Acon., Ars., Merc., Bry.
From FAT or RICH FOOD—Puls., Ant.-C.
From ANGER—Cham. (*with bilious symptoms*).
From ANXIETY, GRIEF, etc.—Ign., Chin., Nux V., Puls.

Infants: SCREAMS OF—Cham., Jal., Acon., K.-Brom.
SORENESS OF—*see* **Excoriations.**
RESTLESSNESS OF—Cham., Coff., Bell., Gels., K.-Brom.

Influenza: Camph. (*the chill stage*); Acon. (*chills and heats*); Ars. (*prostration*); K.-Bich. (*troublesome cough*).

Intermittent Fever: *see* **Ague.**

Itching of the Anus: *see* **Anus.**
Of the SKIN—Acon., Arg.-Nit., Mez., Sulph., Ars., Nux V., Crot.-Tig. *Also* Mez. *or* Verat.-Vir. *ext.*

Jaundice: Acon., Bry., Merc., Chel.-Maj., Ars.; Phos. (*malignant*); Chin., Nux.

Joints: PAIN IN—Acon., Arg.-M., Bell., Bry., Ruta.
SWELLING OF—Iod., Puls., Calc.-C., Silic.

Kidneys: INFLAMMATION OF—Canth., Tereb., Acon., Bell.

Knee: INFLAMMATION OF—Acon. alt. Puls., Bry.; Iod. (*much swelling*).

Labour-pains: Cham., Puls., Coff., Gels.
FALSE—Puls., Cimic., Cocc., Nux V., Bell.

Lead-colic: Opi., Alum., Plat., Bell., Sulph.-Ac.

Legs: SWELLING OF—*see* Œdema.

Lepra (*scaly patches on the skin*): Ars., Merc., Sulph., Iod.

Leucorrhœa: Sep., Cocc., Puls., Calc.-C., Silic.; Krea. (*corrosive*); Coni. (*chronic*). Lotions of Hydrastis as injections. Also frequent ablutions, moderate exercise in the open air, sufficient rest, and nutritious, digestible diet.

Liver: ENLARGEMENT OF—Merc.-Iod. *Also* abdominal compress.
INFLAMMATION OF—Acon., Bry., Merc.-Cor.
TORPID—Merc., Podoph.

Liver-Complaint: Merc., Podoph., Nux V., Sulph., Nit.-Ac., Phos., Lyco., Leptand.

Liver Spots: Sulph., Borax, Lyc., Sep.

Lock-jaw: Acon., Bell., Arn., Nux V., Gels.

Lowness of Spirits: *see* Hypochondriasis.

Lumbago: Ant.-T.; Arn. (*from over-exertion*); Rhus (*sudden, from cold; worse during rest*); Cimic. (*muscular pains*).

Lungs: INFLAMMATION OF—Acon. alt. Phos., Bry., Chel.-Maj., Ant.-T.
CONGESTION OF—*see* Congestion.

Masturbation: EVILS OF—*see* Spermatorrhœa.

Measles: Acon. alt. Puls.; Gels., Bry., Bell.; K.-Bich. (*laryngeal cough*); Sulph. (*to prevent sequelæ*).

Megrim: *see* Headache: NERVOUS.

Melancholia: Aur., Ign., Plat., Phos., Zinc., Sulph. *See also* Hypochondriasis.

Memory: WEAKNESS OF—Phos.-Ac., Anac., Zinc., Opi., Ars.

Menstruation (*the monthly period*): DELAY OF THE FIRST—Puls., Ferr., Sep., Phos., Sulph., Sec., Cycla.
IRREGULAR—Sep., Puls., Sulph., Senecio.
PAINFUL—Cimic., Cocc., Croc., Bell., Cham., Puls., Plat., Hep. Ign., Gels., Sec., Verat.

Menstruation (*continued*)—

EXCESSIVE—Sec., Croc. (*dark and clotted*); Sab. (*bright red*); Acon., Calc.-C., Ipec.; Chin. (*after excessive discharge*).

SCANTY—Sep., Ferr., Puls., Coni., Sulph., Helon. (*anæmia*).

SUPPRESSED—Acon., Puls., Bell.; Coni. (*chronic*); Sep., Plat., Rhus. *Sudden* suppression further requires a hot hip-bath, after which the patient should retire to a warmed bed.

RECURRING TOO EARLY (*in less than a month from commencement of previous period*)—Calc.-C., Sab., Ign.; Krea. (*offensive discharge*): Sec., Nux V.

RECURRING TOO LATE—Puls., Phos., Ferr., Sep.

VICARIOUS—Ham.-V., Bry., Puls., Phos., Senecio.

TOO SHORT DURATION—*see* SCANTY.

TOO LONG DURATION—*see* EXCESSIVE.

CESSATION OF (*change of life*)—Chin. *or* Ferr (*profuse discharge*); Sulph., Glon., Lach., *or* Sang. (*flushes*); Cimic., Gels. (*sinking at stomach, etc.*).

Mesenteric Disease: *see* **Consumption of the Bowels.**

Mercury: FOR EFFECTS OF LARGE DOSES OF—Nit.-Ac., Hep.-S., Carbo Veg.

Milk: SUPPRESSED OR SCANTY—Puls., Agnus C.; Acon. (*with fever*); Bell. (*with brain symptoms*).

TOO ABUNDANT—Calc.-C., Phos., Iod.; Chin. (*with debility*).

Milk-Fever: Bry., Acon., Cham., Verat.-Vir., Bell.

Milk-Leg: Acon. alt. Ham. *or* Puls.; Phos.

Milk-Scab (*vesicular eruption on the face of infants*): Rhus Tox., Iris, Sulph., Viola Tri.

Miscarriage: Sec., Caul., Croc., Ipec., Cedron, Arn., Bell.

THREATENED—Puls., Cham., Bell., Sab., Arn., Sec. At the same time, the patient should lie on a mattress, in a cool, well-ventilated room, till all danger is past, and avoid hot drinks.

PREVENTION OF—Sec., Calc.-Carb., Cimic., Chin., Cedron. Cold sitz bath daily at bed-time, with the shoulders and legs wrapped warm.

Moles: Carbo V., Sulph.; Calend. *ext.*

Monthly Period: *see* **Menstruation.**

Morning Sickness: Ipec., Krea., Nux V., Puls., Iris.

Mosquitos: STINGS OF—Ledum *ext.* If a sting of a mosquito or wasp remain in the skin, the open end of the tube of a small key should be pressed firmly over the part.

Mouth: SORE—*see* **Aphthæ**; *also* **Canker.**

Mumps: Merc.-Iod., Merc.-Sol., Merc.-Cor., Bell., Puls.

Nævus (*a natural mark or blemish*): Thuja, Krea., *ext.*

Nausea: Ipec., Krea., Ant.-C., Lob., Tabac., Puls., Nux V.

Neck: CRICK IN THE—Bro., Cimic., Dulc., Acon., Bell.
STIFFNESS OF—Bell., Bry., Lyc., Nux V.

Nervous Debility: *see* Debility.

Nervousness: Cham., Coff., Ign., Hyos., Cimic., Gels., Chin. Occupation and open-air recreation. *See also* **Hysteria, Hypochondriasis,** etc.

Nettle-rash: Apis, Rhus, Puls.; chloral, gr. j., thrice daily for an adult.

Neuralgia: IN THE FACE—Acon., Ars., Bell., Coloc., Cham. Spig., Gels., Sticta.
In the HEAD—Glon., Bell., Nux V., Sticta, Cimic.
In the BACK—Nux V., Oxal.-Ac., Cimic., Verat.
In the THIGH (*Sciatica*)—Coloc., Ars., Nux V., Cann.
In the SIDE (*intercostal*)—Rhod., Ars., Cimic.

Night-mare: Nux V., Puls. A light diet, out-of-door exercise, and a sponge bath daily, are recommended; also avoidance of suppers, stimulants, fatigue, and heavy, close bed-clothes.

Night-sweats: Chin., Ars., Phos.-Ac., Merc. *See also* **Hectic Fever.**

Nipples: SORE—Sulph., Sil. *Also* Calend., Hydras., *or* Arn. *ext.*

Nose-bleed: Acon., Bry., Ipec., Ham.-V.; Puls. (*in women*): Chin. (*in weak persons*); Arn. (*from a blow*).

Nose: SORE—Ars., Sulph., Graph., Aur., Caust.; Iod. (*with fœtor*).

Numbness and Tingling: Acon., Rhus, Nux V., Arg.-Nit.

Obesity (*excessive accumulation of fat*): Ars., Ferr., Calc.-C., Sulph. Also and chiefly, avoidance of starch and sugar.

Œdema (*watery fluid under the skin*): Chin., Ferr., Apis, Ars.

Onanism: EVILS OF—*see* **Spermatorrhœa.**

Ophthalmia: CATARRHAL—Acon., Merc., Euphr., Bell., Puls.
CHRONIC—Clem., Calc.-C., Sulph., Merc., Hep.-S., Ars.
AFTER MEASLES—Puls., Sulph.
AFTER SCARLATINA—Bell., Hep.-S., Merc.
AFTER SMALL-POX—Merc., Sulph.
SCROFULOUS—Calc., Iod., Graph., Hep., Sulph., Merc.-C., Ars.
SYPHILITIC—Merc.-Cor., Nit.-Ac., Thuja, Aur.
IN INFANTS—Arg.-Nit., Calc.-C., Sulph., Merc.

Pains: *see* **Neuralgia, Rheumatism,** etc.

Painters' Colic: *see* **Colic.**

Palpitation: Mosch. (*nervous*); Acon., Spig., Bell., Cact.-G., Phos., Puls., Ars.

Period: *see* **Menstruation.**

Paralysis: Bary.-C., Nux V., Arg.-Nit., Plumb., Rhus, Phos., Gels., Acon.

Perspire: TENDENCY TO—Chin., Merc., Verat., Carbo V.

Photophobia (*intolerance of light*): Bell., Ant.-T., Merc.-Cor., Euphr., Calc., Ign.

Phthisis (*to waste away*): *see* **Consumption.**

Piles: Sulpo., Ham., Collin., Aloes, Nux V., Æscul.; Ham. *ext.*

Pimples: Bell. (*in the full-blooded*); Puls. (*in girls*); Sulph., K.-Bich., Ant.-C., Hep.-S.

Pleurisy: Acon. alt. Bry.; Phos., Iod., Ars.

Polypus: Merc.-Iod., K.-Bich., Teuc., Calc.

Prolapsus: Of the ANUS—Ign., Nux V., Podoph., Merc.
Of the WOMB—Stann., Sec., Bell., Sepia, Nux V., Helon.

Prostatitis (*Inflammation of the prostate*): Bell., Puls., K.-Hyd.

Prostration: *see* **Debility.**

Proud-Flesh: Silic., Fluor.-Ac., Nit.-Ac., Phos.

Puerperal (*child-bed*) **Fever**: Acon., Bell., Bry., Stram.

Purple-rash: Bell., Cham., Calc.-C.

Prurigo (*a papular eruption, with intolerable itching*): of the ANUS—Nit.-Ac., Sulph. Also Glyc. of Hydrast., or freshly made chloroform ointment (ʒss ad. adipis ʒss.), *ext.*
Of the PUDENDI—Acon., Sulph., Sep., Lyc., Collin.; Glyc. of Hydrast., or a solution of Borax (pulv. Boracis grs. xx. aq. ij.) *ext.*
Of the SCROTUM—Petro., Merc.-Cor., Nit.-Ac., Rhus, Acon. Also frequent ablutions with tepid or cold water.

Quinsy: Bell., Bary.-C., Merc.-Iod.; K.-Permang. (as a gargle, gr. xii. ad. aq. des. ʒvj.)

Rash: DURING TEETHING—Cham.; Ant.-C. (*with Diarrhœa*); Ars. (*with prostration*).

Red-gum (*Infant Rash*): Ant.-C., Bry., Cham., Puls. *See* RASH.

Relaxed Bowels: *see* **Diarrhœa.**

Relaxed Throat: K.-Bich., Hep.-S., Bary.-C., Phyto., Phos.

Remittent Fever: Gels. (*specially in children*); Ars. Verat., Chin., Ipec., Rhus.

Retention of Urine: Canth., Nux V., Opi., Acon., Camph., Cann.

Restlessness of Children: Coff., Cham., Acon., Bell., Gels.

Rheumatic Fever: Acon., Bry., Bell., Cimic.

Rheumatism: Of the BACK—*see* **Lumbago.**
Of the CHEST (*intercostal muscles*)—Rhod.-Chrys., Bry., Arn.
Of the HEART—Spig., Cimic., Cact.-G., Bry., Dig.
Of the JOINTS—Ruta, Bry., Rhus, Cimic., Caust., K.-Hyd.
Of the NECK—Bry., Rhod.-Chrys.
CHRONIC—Rhus, Arn., Sulph., Rhod.-Chrys., Cimic., K.-Hyd.

Rickets: Silic., Calc.-C., Sulph. Also out-door air, cold or tepid salt-water baths, and a teaspoonful of cod-liver oil twice a day.

Ringworm: Of the SCALP—Sep.; also Sulphurous Ac. *ext.*
Of the SKIN—Tellur., Rhus, Sep., Sulph.

Rush of Blood: *see* **Congestion.**

Salivation: From MERCURY—Nit.-Ac., Iod., Hep.-S.
NON-MERCURIAL—Merc.

Scabies (*the Itch*): Sulphur ointment.

Scald-Head: Calc.-Phos., Ars., Sulph., Ant.-C., Lyc.; Rhus *int.* and *ext.*

Scalds: *see* **Burns.**

Scarlatina: SIMPLE—Acon. alt. Bell.; Sulph. (*convalescence*).
With THROAT AFFECTION (*anginosa*)—Merc., Apis.
MALIGNANT—Ailanthus Gland., Ars., Mur.-Ac., Carbo Veg. Condy's Fluid topically.
PREVENTIVE—Bell. *φ*

Sciatica: Coloc., Rhus, Ars., Nux V., Cann.

Scorbutus (*Scurvy*): Merc., Nit.-Ac., Carbo Veg., Ars.

Screams of Infants: Cham., Acon., Jal., Bell.

Scrofulous Affections: Iod., Calc.-C., Sulph., Phos.

Scurvy of the Gums: *see* **Gums.**

Sea-sickness: Petrol., Cocc., Tabac., Nux V.

Self-abuse: Evils of—*see* **Spermatorrhœa.**

Shingles: Rhus Tox., Sulph.

Sick-headache: Iris Ipec., Puls., Nux V., Sep.

Sickness: Ipec. (*simple*); Puls. (*from rich food*); Nux V. (*from alcohol*); Iris, Ant.-T. *See also* **Vomiting.**
MORNING—Ipec., Krea., Nux Vom., Puls., Ars.

Skin: ITCHING OF—Arg.-Nit., Sulph., Ars., Mez.; Verat.-Vir. (*painful sensitiveness*). *See also* **Excoriations, Prurigo, Scabies,** etc.

Sleepiness: Opi., Bell., Acon.; Lyc. (*after dinner*).

Sleeplessness: Coff., Bell., Hyos., Gels., Verat.-Vir., Glon., Ign.

Small-pox: Ant.-Tart., Merc., Bell., Bry., Sulph.

Smell: LOSS OF—Puls., Merc., Gels., Acon., Sang., Calc.-C., Plumb.

Sneezing: From a COLD—Merc., Ipec., Acon., Ars.

Sore Eyes: Merc., Clematis, Sulph., Calc.-C., Euphr., Nit.-Ac.

Sore Throat: Acon., Bell., Merc.; K.-Permang. *or* Phyto. as a gargle.

Soreness of Infants: *see* **Excoriations.**

Spasms and Cramps: Camph., Nux V., Coloc., Verat., Cocc., Gels.

Spermatorrhœa Phos., Chin., Ferr., Phos.-Ac., Arg.-M., Gels.

Spine: CONCUSSION OF—Arn., Hypericum.
IRRITATION OF—Chin., Ign., Nux Vom., Gels.

Spitting of Blood: *see* **Hæmorrhage**: From the LUNGS.

Sprains: Rhus Tox., Arn., *or* Ruta, *int.* and *ext.*

Squinting: Bell., Hyos., Gels., *or* Stram. (*cerebral causes*); Cina (*from worms*); Spig., Phos.

Stammering: Bell., Hyos.

Sterility: Phos., Plat., Coni., Bary.-C., Cann., Sep., Borax.

Stiff-neck: Bry., Cimic., Bell.

Stings: Led., Apis, *or* Rhus, *int.* and *ext.* *See also* **Mosquitos.**

Stitches in the Chest: Bry., Acon., Cimic., Phos.

Stomach: ACIDITY OF—Puls., Nux V., Bry., Lyc., Carbo V., Calc.
INFLAMMATION OF—Acon., Ars., Bell., Phos.
ULCERATION OF—Ars., Hydrast., K.-Bich.

Stone and Gravel: Lyc., Nux V., Calc., Cann.

Stricture of the Urethra: Acon., Nux V., Canth., Cann.

St. Vitus's Dance: Agaricus, Bell., Cup.-M., Artem., Stram., Zinc., Ars., Cimic., Ign., Verat.-Vir.

Stye: Puls., Sulph., Merc.; Staph. (*to prevent return*).

Summer-complaint (*diarrhœa*): Chin., Iris, Bry., Ant.-

Sunstroke: Camph., Bell., Glon., Gels., Verat.-Vir.

Suppuration: Silic., Hep.-S.; Chin. (*when very profuse*).

Sweat: UNDUE—Phos.-Ac., Calc.-C., Sulph., Phos., Samb., Verat.
FŒTID, UNDER THE ARMS—Petrol, Carbo Veg.
TENDENCY TO—Chin., Merc., Verat., Carbo Veg.

Sweaty Feet and Hands: Sil., Nit.-Ac., Petro., Graph.

Swellings: DROPSICAL—Ars., Apis, Dig., Apocy.-C.
GLANDULAR—Merc., Bell., Hep.-S., Calc.-C.
Of the FACE—Merc. (*from Gum-boil*); Bell. *or* Cham. (*from Toothache*); Apis (*from Erysipelas*); Chin. *or* Ars. (*dropsical.*)
Of the FEET (*Œdema*)—Ars., Ferr., Apis, Dig., Chin
Of the JOINTS—Iod., Bry., Puls., Bell.
WHITE—Bry., Iod., Silic., Calc.-C., Sulph.

Syphilis: Merc., Nit.-Ac., Thuja, Arg.-Nit., Aur.

Tape-Worm: Fil.-Mas., Kous., Sabad., Cin., Sulph., Ign.

Taste Impaired: Puls., Merc., Plumb.

Teeth: *see* **Toothache,** *and* **Dentition.**

Testicles: ENLARGEMENT OF—Puls., Clematis, Spong., Arn. Aur., Acon. Also the use of a suspender.
WASTING OF—Iod., Coni.

Tetters: DRY—Merc., Iod., Ars., Petro.
MOIST—Acon., Rhus, Ars., Phyto., Graph., Calc., Sulph.

Thread-Worms: Cina, Teucrium, Ign., Chin.

Throat: SORE—Acon., Bell., Merc., Hep.-S., Puls.; Phyto. as a gargle.

Thrush: Borax, Merc., Ars., Sulph. *Also* Sulphurous Ac. Spray.

Tic-douloureux: *see* **Neuralgia.**

Tongue: COATED—Ant.-C. (*milky-white*); K.-Bich. (*yellowish*); Puls. (*roughish white*); Rhus, Bapt. (*brownish*).
SWOLLEN—Bell., Merc., Acon., Mur.-Ac.
ULCERATED—Merc., Nit.-Ac.; Hydras. as a wash.

Tonsils: ENLARGED—Bell., Merc.-Bin., Calc.-Phos., K.-Hyd., Bary.-C.
INFLAMED—*see* **Quinsy.**

Toothache: Acon. alt. Bell. (*redness of face, with throbbing*); Puls.
From DECAY—Krea., Merc., Staph., Phyto.; *see* **Gum-boil.**
NERVOUS—Coff., Cham., Ign., Gels.
Of CHILDREN—Cham., Kreas.
Of PREGNANCY—Bell., Nux V., Cham., Coff.

Tremors: NERVOUS—Acon., Ign., Chin., Coff., Bell.; Nux Vom. (*from stimulants*).

Tuberculosis (*the condition of the body in which tubercles are deposited*): Iod., Thuj., Calc.-C., Sulph.

Tumours: *see* **Swellings.**
Typhoid-(Enteric-) Fever Bapt., Ars., Mur.-Ac., Rhus.
Typhus-Fever: Acon., Bry., *or* Verat.-Vir.; Ars., Hyos., Bell., Phos.
Ulcers: Hydras., Silic., *or* Kali Bich. *int.* and *ext.*; Bell., Lyc. In the LEG—Bell., Ars.; Merc. (*syphilitic*); Caust.; Hydras. *int.* and *ext.*
Urine: BLOODY—Canth., Tereb., Ham.
BURNING OR SCALDING—Canth., Cann., Gels., Acon.
FŒTID—Tereb., Nit.-Ac.
PAINFUL PASSAGE OF—Apis, Canth., Lyc., Nux V., Cann.
INCONTINENCE OF—Lyc., Eup.-Per., Bell., Caust.; Cin. (*from worms*); Caust., Phos.-Ac., Gels. (*in the aged*); Canth., Ferr.
RETENTION OF—Canth., Nux V., Opi., Camph.
Varicose Veins: Ham., Puls., Fluor.-Ac.
Voice: LOSS OF—*see* **Aphonia,** *and* **Hoarseness.**
Vomiting: From INDIGESTIBLE FOOD—Puls., Ant.-C., Ipec., Iris.
CHRONIC—Kreas., Ars., Hydras.
OF BLOOD—Ipec., Ham., Nit.-Ac., Chin.
Walking: DELAY OF THE POWER OF—Calc.-C., Phos., Sulph.
Wakefulness: Coff., Bell., Gels., Glon.
Warts: Thuja, Rhus Tox., *or* Nit.-Ac. *int.* and *ext.*; Sulph.
Wasting: *see* **Atrophy.**
Water-brash: Lyc., Nux V., Carbo Veg., Bry., Ars.
Water: In the CHEST—Bry., Ars., Dig., Apis.
In the HEAD—Hell., Bell., Apis, Verat.-Vir., *or* Gels. (*with convulsions*).
Watery Blood: Ferr., Chin., Phos., Sep. *See also* **Anæmia.**
Weakness: *see* **Debility.**
Wetting the Bed: *see* **Urine**: INCONTINENCE OF.
Whites: *see* **Leucorrhœa.**
White-Swelling: Of the KNEE—Bry., K.-Hydriod., Puls.
Whitlow: Silic., Fluor.-Ac., Hep. *See also* **Abscess,** *and* **Boils.**
Whooping-Cough: *see* **Hooping-Cough.**
Wind: *see* **Flatulence.**
Worm-Fever: Acon., Cin., Sil.
Worms: THREAD—Cina., Teucr., Ign., Urt.-Urens., Sant., Chin.
LONG ROUND—Merc., Spig., Sulph., Acon.
TAPE—Fil.-Mas., Cin., Sulph., Kous.
Wounds: Calend., Ham., *or* Ruta, *ext.*
Wry-Neck: Nux V., Bell., Bry., Merc.
[illegible] Sulph., Lyc.

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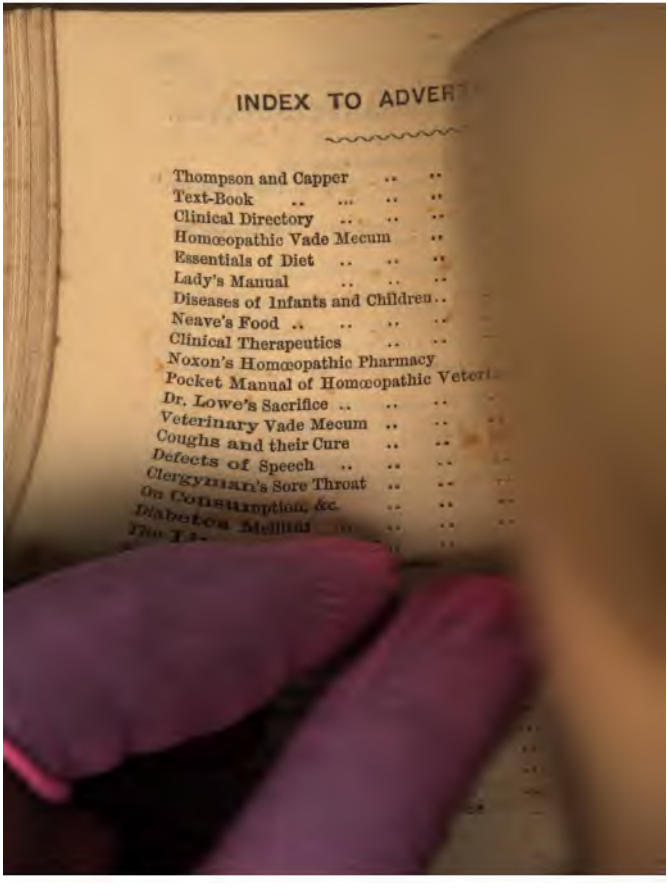
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